# Cumulative Index 1983, 1984, and 1985

Volumes 2, 3, and 4

Note: The year is in italic type. Page numbers of symposia and articles are in boldface type.

#### SYMPOSIA

## 1983

March OLYMPIC SPORTS MEDICINE

Tulu INJURIES TO THE SHOULDER IN THE ATHLETE

November INIURIES TO DANCERS

## 1984

lanuary PROFILING

April CARDIAC REHABILITATION

Iulu NUTRITIONAL ASPECTS OF EXERCISE

October THE ATHLETIC WOMAN

#### 1985

January **GYMNASTICS** April THE KNEE

July REHABILITATION OF THE INJURED ATHLETE

October RUNNING

AAPHER, policy statement of regarding trampoline use, 1985: Jan., 54

Abdomen, muscles of, strengthening of, 1985: July, 466

Acclimatization, to increased heat, 1985: Oct., 730-731

Achilles tendon, disorders of, 1983: March, 145-147

inflammation of, 1983: March, 145-147; Nov., 598

in dancer, 1983: Nov., 509 injuries of, 1983: Nov., 633-636

rupture of, 1983: March, 175, 177 Acromial arch, role of in passive mobility of

shoulder, 1983: July, 249

Acromioclavicular joint, anatomy of, 1983: July, 429-430

arthritis of, 1983: March, 129

dislocation of, historical development of care of, 1983: July, 236-237

in adolescent, 1983: July, 424-425 injury to, classification of, 1983: July, 431 conservative treatment of, 1983: July, 432-433

nonoperative versus operative treatment for, 1983: July, 434-435

Acromioplasty, 1983: July, 408-409

Active rest, 1983: March, 95 Active stretching exercises, 1984: Jan., 110

Adductor muscles, of hip, strain of, in dancer, 1983: Nov., 491-492

Adhesions, of knee, arthroscopic surgery for, 1985: Apr., 286

Adhesive strapping. See Taping.

Adipose tissue, adaptation of to exercise training, 1984: July, 607-609

Adolescents, as athletes, nutritional management of, 1984: July, 671–678 as runners, 1985: Oct., 641–655

children and, knee problems in, 1985: Apr., 385-397

growth profile of, 1984: July, 672 sexual maturation in, sports participation

sexual maturation in, sports participation linked to, 1984: Jan., 157

shoulder problems in, 1983: July, 423–427
Aerobic capacity, of females compared with males, 1984: Oct., 772

of professional football players, 1984: Jan.,

Aerobic dance, metabolic effects of, 1983: Nov., 528-529, 530-531

Aerobic exercise, in pregnant woman, effect of on fetus, studies of, 1984: Oct., 886– 888

Aerobic function, in female athletes, 1984: Oct., 779-790

Aerobic metabolism, in runners, 1985: Oct., 627-628

Agility training, after knee injury, 1985: July, 516

Air pollution, effect of on exercise performance, 1985: Oct., 725-726

Alpha-adrenergic agonists, hemodynamic effects of, 1984: Jan., 146–147

Alpha-methyldopa, hemodynamic effects of, 1984: Jan., 146-147

Alpha-tocopherol, effect of on performance, 1984: July, 631-632

Alpine skiing, training for, 1984: Jan., 268Alprenolol, adverse effect of on exercise, 1984: Jan., 149

Altitude, effect of on exercise in cardiac patient, 1984: Apr., xii-xiii running at, 1985: Oct., 726-727

Amateur Athletic Union, role of in gymnastics, 1985: Jan., 13-14

Amateur Sports Act of 1978, implications of for sports medicine, 1983: March, 7-11

Amenorrhea, 1983: Nov., 516-519; 1984:
 Oct., 871-872; 1985: Oct., 675-677
 exercise-related, 1984: July, 665-666

American Academy of Pediatrics, policy statement of, regarding risks of longdistance running for children, 1985: Oct., 642

regarding trampoline use, 1977, 1985: Jan., 54

updated in 1981, 1985: Jan., 57–58 American College of Sports Medicine, recommendations of for exercise in hot weather, 1985: Oct., 734

American football. See Football.

Amphetamines, enhancement of performance by, 1984: July, 737-738, 740 Anabolic steroids, 1984: July, 702, 743–748
Anaerobic threshold, 1984: Jan., 124–125;
Apr., 390–391

Androgeny, in athletes, 1984: Oct., 914 Anemia, 1984: Oct., 933, 935

sports participation of child with, 1984: Jan., 155

Angina, during exercise testing, 1984: Apr., 406-407

vasospastic, 1984: Apr., 408 Ankle, anatomy of, 1983: March, 217-218

flexibility tests for, 1985: July, 560 foot and, nerve entrapment of, in runners, 1985: Oct., 753-763

preparticipation examination of, in child, 1984: Jan., 160-161

impingement of, in female athletes, 1984: Oct., 819-821

injuries of, in gymnasts, 1983: Nov., 583-585

ligaments of, 1985: July, 528–530 overuse syndromes of, 1983: March, 147 rehabilitation of, 1985: July, 527–544 sprains of, 1983: March, 217–224; 1984: Oct., 818–819

in dancers, 1983: Nov., 509 strengthening exercises for, 1984: Oct., 819

taping of, 1984: Oct., 819, 820 tendon injuries about, 1983: Nov., 631-641

Ankle inversion test, 1985: July, 567–568 Ankylosing spondylitis, 1983: March, 213 Anorexia nervosa, in dancers, 1983: Nov., 546, 549–551, 553–554

in female athletes, 1984: July, 667; Oct., 851–852

in gymnasts, 1985: Jan., 28

Anterior cruciate ligament, biomechanics of, 1985: Apr., 314–316

healing of, experimental studies of, 1985: Apr., 318-319

injury to, 1983: March, 161–162 in gymnast, 1985: Jan., 117–118 philosophy and rationale for management of, 1985: Apr., 313–324

rehabilitation after, 1985: July, 507-508 insufficiency of, chronic, 1985: Apr., 320-322

rehabilitation of knee with, 1985: July, 513-526

rupture of, rationale for management of, 1985: Apr., 319-320

Anterior drawer sign, 1983: March, 154; 1985: Apr., 301

for ankle sprain, 1983: March, 219-220 Anthropometric equations, 1984: July, 716-717

Antihypertensive agents, effect of on cardiovascular system, 1984: Jan., 144-146 Anti-inflammatory drugs, for overuse syndromes, 1983: July, 389

for shoulder impingement, 1983: July, 400 Antilordotic brace, 1983: March, 209 Anxiety, in female athletes, reduction of,

1984: Oct., 905 Apophyses, problems of, in adolescent runners, 1985: Oct., 648

Arm(s), elevation of, range of motion in, 1983: July, 254-255

forceful depression of, 1983: July, 261 horizontal flexion and extension of, range of motion of, 1983: July, 260

neck and, injuries to, in dancers, 1983: Nov., 459-472

problems of, in gymnasts, 1985: Jan., 61-71

rotation of, biomechanics of, 1983: July, 260

strength of, in females, 1984: Oct., 816 Arm ergometer exercise, 1984: Apr., 377-380

Arousal control, 1983: March, 96–98 Arrhythmia, during exercise test, 1984: Apr., 390, 404

Arthritis, acromioclavicular, 1983: March, 129

Arthrography, acute, of knee, 1985: Apr.,

of shoulder, 1983: July, 291–308 double-contrast technique in, 1983: July, 294

for overuse injuries, 1983: July, 386-387

in adhesive capsulitis, 1983: July, 302-303

preliminary radiographs for, 1983: July, 293

Arthroplasty, of shoulder, historical development of, 1983: July, 237

Arthroscopy, diagnostic, for patellofemoral pain syndrome, 1985: Oct., 710 of knee, 1983: March, 159–160; 1985: Apr., 281

after injury, 1985: Apr., 275-278 of shoulder, 1983: July, 309-318 alternative portals for, 1983: July, 315-

complications of, 1983: July, 317 for overuse injuries, 1983: July, 387 for subluxation, 1983: July, 347–349

for subluxation, 1983: July, 347–349 operative, of knee, expectations following, 1985: Apr., 279–293 of meniscus, 1985: Apr., 270–271

of shoulder, 1983: July, 316-317 role of in osteochondritis dissecans of

knee, 1985: Apr., 376–377
Arthrosis, delayed, in runners, 1985: Oct., 696, 698

patellofemoral, 1985: Apr., 253

Arthrotomography, of glenoid labrum, 1983: July, 297–298

of shoulder, 1983: July, 294-295 Ascorbic acid, effect of on performance,

1984: July, 628-630 Aspiration, of knee, 1983: March, 159-160 Aspirin. See Saliculates.

Assertiveness training, 1983: March, 95 Asthma, exercise-induced, 1984: Jan., 130–

sports participation of child with, 1984: Jan., 155

Athletes, classification of, after profiling, 1984: Jan., 5-7 based on age, 1984: Jan., 75

female. See Women, as athletes. "Athlete's heart, " 1984: Apr., 519; 1985: Oct., 629–632

Attitude Toward Play Inventory, 1984: Oct., 915

Attitudes Toward Women Scale, 1984: Oct., 916

Axillary recess, on normal arthrogram, 1983: July, 296-297

Back, injury of, 1983: March, 191–215 in dancer, 1983: Nov., 473–484 in gymnastics, 1985: Jan., 85–93 low, neck and, rehabilitation of, 1985:

July, 455–476 pain in. See Back pain.

strain or sprain of, 1953: March, 192, 194 with list, 1963: March, 194–195, 197 Back pain, discogenic, in gymnast, 1985:

Jan., 90-91 in runner, 1985: Oct., 658

low. See Low back pain.

related to exercise during pregnancy, 1985: Oct., 679

spondylogenic, in gymnast, 1985: Jan., 91–92

Back school, 1983: March, 201 Backache, chronic, 1983: March, 197–203 Balance, assessment of, 1985: Apr., 354;

1985: July, 570 Balance beam, 1985: Jan., 33

Balance education, 1985: Apr., 360. 361
Ballerina(s), ankle impingement in, 1984:
Oct., 821

professional, profiling of, 1984: Jan., 199-209

Ballet, energy requirements of, 1983: Nov., 527

history of, 1983: Nov., 459-460 injuries in, in Australia, 1983: Nov., 507-514

performance factors in, 1984: Jan., 69 technique of, 1983: Nov., 464-467

Banana-milk diet, 1984: July, 726-727

Baseball, body composition of players, 1984: Jan., 56–57

shoulder injuries in, 1983: July, 241-242 shoulder motion in, 1983: July, 380

Baseball finger, 1983: Nov., 625
 Basketball, performance factors in, discriminant analysis of, 1984: Jan., 7

shoulder injuries in, 1983: July, 245 strength training for, 1985: Jan., 152 "Bassler hypothesis." 1984: Apr., 527–528

Bayes theorem, 1984: Apr., 399–400
Bed rest, physiology deconditioning caused by, 1994: Apr., 335–336, 502

Behnke anthropometric system, 1984: Jan., 33, 34

Bem Sex Role Inventory, 1984: Oct., 915 Bennett's fracture dislocation, 1983: Nov., 615

Bennett's view, 1983: July, 386

Beta-adrenergic blockers, hemodynamic effects of, 1984: Jan., 148–149 on cardiac rehabilitation, 1984: Apr., 438, 491–494

Beverly Hills diet, 1984: July, 727

Biceps, long head of, tears of, 1983: March, 133-134

Biceps tendon, arthrography of, 1983: July, 297

inflammation of, 1983: March, 131 chronic, 1983: March, 125 physical therapy for, 1983: July, 421

lesions of, 1983: July, 403-404 rupture of, 1983: March, 177 arthrography of, 1983: July, 303 in dancer, 1983: Nov., 467-468

sheath of, role of in passive mobility of shoulder, 1983: July, 249

tears of, incomplete, arthrography of, 1983: July, 303–304

Bicycle, as training device, 1985: July, 579, 580

Biofeedback, in relaxation techniques, 1983: March, 95; 1984: Oct., 918–919 Bioflysopoide, 1982: March, 107

Bioflavonoids, 1983: March, 107
Biomechanics, glossary of terms in, 1983:
March, 72

in Olympic sports medicine, 1983: March, 31-35

of ankle, 1985: July, 531-532

of anterior cruciate ligament, 1985: Apr., 314-316

of knee, 1985: Oct., 687, 690

of musculotendinous unit, 1983: March, 71-86

of running shoe performance, 1985: Oct., 619-626

of shoulder, in throwing, swimming, gymnastics, and tennis, 1983: July, 247-270

Biotin, effect of on performance, 1984: July, 627 Black toe, 1985: Oct., 723

Bleeding dyscrasia, sports participation of child with, 1984: Jan., 155

Blood clotting, effect of exercise on, 1985: Oct., 637

Blood lactate accumulation, onset of, 1984: Jan., 250-251

Blood pressure, diastolic, response of during exercise, 1984: Apr., 387

exercise and, beneficial relationship between, 1985: Oct., 634 high. See *Hypertension*.

more repertension.

measurement of, 1984: Jan., 138–139 Blood supply, vertebral, 1983: Nov., 463– 464

importance of in healing, 1983: July, 275 Body, adult human, average chemical com-

position of, 1984: July, 707 size and proportions of, summary of differences in between males and females, 1984: Oct., 772

two-compartment model of, 1984: July, 706

Body builders, body composition of, 1984: Jan., 57–58

Body cell mass, formula for estimating, 1984: July, 708

Body composition, 1984: July, 705–722 comparison of men and women, 1984: Oct., 755–778, 779–780

definition of terms in, 1984: Oct., 755-756

effect of exercise on, in rats, 1984: July,

gross, 1984: Jan., 32-33

in gymnasts, 1985: Jan., 20-21 methods for measuring, 1983: Nov., 531;

1984: July, 713; 1984: Oct., 757–758 of ballerinas, 1984: Jan., 203–204 of baseball players, 1984: Jan., 56–57 of body builders, 1984: Jan., 57–58

of child, 1984: Jan., 162-163 of dancer, 1983: Nov., 531-534

of football players, 1984: Jan., 55–56 of reference man and woman, 764–765 of swimmers, 1984: Jan., 219–220 of wrestlers, 1984: Jan., 275, 277

Body composition profile, 1984: Jan., 31-64
 computer-generated, 1984: Jan., 51-55
 Body density, measurement of, 1984: July,

715 formula for, 1984: Jan., 38

Body fat, 1984: Jan., 33, 35

body density measurement of, 1984: Jan., 38

effect of endurance exercise on, 1985: Oct., 636

estimation of, 1984: July, 694-695 fat fold measurement of, 1984: Jan., 39 influence of on strength, in football players, 1984: Jan., 193 per cent of, differences between men and women, 1984: Oct., 763

in athletes, 1984: Oct, 779-780 formula for determining, 1984: July,

in athletes, 1984: July, 697

in elite athletes, 1984: July, 695–696 in female athletes, 1984: July, 655

in female runners, 1985: Oct., 682-683 in reference male and female, 1984: Oct., 762

Body weight. See Weight.

Bone, mineral content of, measurement of, 1984: July, 714

nutritional requirements of, 1983: Nov.,

response of to repetitive stress, 1984: Oct., 842

Bone block, iliac, for glenoid abnormality, 1983: July, 335

Bone diameters, measurement of, in body composition analysis, 1984: Jan., 42

Bone mass, estimation of, 1984: July, 713 Borg rating of perceived exercise, 1984: Jan., 22

Boutonniere deformity, 1983: Nov., 612

Braces, cast, 1985: July, 583–584 derotation, 1985: July, 448–449

knee, for fracture, 1985: July, 452-453 taping and, 1985: July, 439-454

patellar, 1984: Oct., 840, 841; 1985: July, 444-448

dynamic, 1984: Oct., 813

for patellofemoral subluxation, 1985: Oct., 708

Brachial plexus, injury of, 1983: Nov., 469-470

treatment of, 1985: July, 463 Break point strength testing, 1984: Jan., 76, 77-78

Breasts, female, effect of exercise on, 1984 Oct., 877

painful, treatment of, 1983: Nov., 521 Breast-feeding, nutrition during, 1984: Oct., 927–928

running during, 1985: Oct., 679

Breathing. See Ventilation. Bulimia, 1983: Nov., 552, 554

Bunions, in female athletes, 1984: Oct.,

821-822 Bupivacaine (Marcaine), for facet joint pain,

1983: March, 211 Bursa, scapular, symptomatic, in dancer,

1983: Nov., 468–469 subacromial, role of in passive mobility of

shoulder, 1983: July, 248 subdeltoid, steroid injection of, in chronic tendinitis, 1983: March, 127

subscapularis, on normal arthrogram, 1983: July, 295-296 Bursitis, about hip, in dancer, 1983: Nov., 492, 494

peripatellar, 1985: Oct., 705 retrocalcaneal, 1983: March, 147

in female athlete, 1984: Oct., 821 subcutaneous, of heel, 1983: March, 147

Bursography, subacromial, 1983: July, 300-301

Caffeine, effect of on performance, 1984: July, 736-737

possible banning of from Olympics, 1983: March, 16

Calcium, body, measurement of, 1984: July, 713

Calcium slow-channel blocking agents, effects of on cardiac rehabilitation, 1984: Apr., 494

Calf, of leg, pain in, in runner, 1985: Oct., 665

California Psychological Inventory, 1984: Oct., 915

Callouses, of forefoot, 1985: Oct., 721–722
Calories, daily intake of, recommendations for, in female athletes, 1984: July, 653–654

Calories Don't Count Diet, 1984: July, 725 Cambridge Diet, 1984: July, 725

Capsulitis, adhesive, radiographic findings in, 1983: July, 302–303

Captopril, hemodynamic effect of, 1984: Jan., 149

Carbohydrate, as fuel for endurance exercise, 1984: July, 572–573, 683, 733–734 consumption of, before exercise, 1984: July, 590–591

during competition, 1984: July, 579-580 oxidation of, formula for, 1984: July, 584 role of in exercise, 1984: July, 583-593

Carbohydrate loading, 1984: July, 673 "Cardiac nondisease," in runners, 1985:

Oct., 631-632 Cardiac output, during running, 1985: Oct.,

in children, 1985: Oct., 643

of women compared with men, 1984: Oct., 781

response of to exercise, 1984: Jan., 16 Cardiac rehabilitation, clinical trials of, 1984: Apr., 545–557

community-based programs for, 1984: Apr., 435–437

compliance in, 1984: Apr., 443–445, 459–460, 504, 554–555

psychosocial and clinical factors in, 1984: Apr., 445–447

continuous electrocardiographic monitoring in, 1984: Apr., 465 Cardiac Rehabilitation (Continued) counseling in, 1984: Apr., 361–362 definition of, 1984: Apr., 349–350

distance running and, 1984: Apr., 513-

effect of beta adrenergic drugs on, 1984: Apr., 438, 491–494

effect of calcium slow-channel blocking agents on, 1984: Apr., 484

effect of ventricular aneurysmectomy and endocardial resection on, 1984: Apr., 484

effectiveness of, studies of, 1984: Apr., 551-552

testing patient to determine, 1984: Apr., 491

evaluating patients for, 1984: Apr., 371-393

exercise intensity of, equating of, 1984: Apr., 499

in cardiac transplant patients, 1984: Apr., 484–485

in patients with left ventricular dysfunction, 1984: Apr., 489–490

in-patient program for, 1984: Apr., 429-430, 432

medical supervision in, degree of, 1984: Apr., 460–461

individualized approach to, 1994: Apr., 466, 467

on-site, 1984: Apr., 464

motivation of patients in, 1984: Apr., 451-453

multifactorial, model for, 1984: Apr., 363-

scientific basis for, 1984: Apr., 350–351 nonmedical supervision of in early stages, 1984: Apr., 462

outpatient program for, 1984: Apr., 432-435

safety of, 1984: Apr., 455–469 supervised, 1984: Apr., 354 unsupervised, 1984: Apr., 354–355

physiologic effects of, studies of, 1984: Apr., 552–553

psychosocial changes resulting from, studies of, 1984: apr., 553-554

response to, effect of cardiac status on, 1984: Apr., 483-485

patient characteristic influencing, 1984: Apr., 482

risk of, assessment of, 1984: Apr., 438 specificity of training in, 1984: Apr., 499– 501

symposium on, 1984: Apr., 295–563 trainability of arms versus legs in, 1984: Apr., 501–502

Cardiac transplantation, patients with, effect of exercise training on, 1984: Apr., 484-485 Cardiorespiratory fitness. See also Physical fitness.

in cardiac patient, recommendations for, 1984: Apr., 426–427

in child, effect of exercise on, 1985: Oct., 643

in normal adult, recommendations for, 1984: Apr., 426

Cardiorespiratory system, changes in during exercise, in pregnancy, 1984: Oct., 882 Cardiovascular conditioning, after knee in-

jury, 1985: Apr., 334–335 in child, 1984: Jan., 165–166 of ballerinas, 1984: Jan., 201

of dancers, 1983: Nov., 525-531

testing of, in runner, 1985: Oct., 629 Cardiovascular disease, presence of despite high levels of physical fitness, 1984: Apr., 540

sports for child with, 1984: Jan., 156

Cardiovascular system, effect of antihypertensive agents on, 1984: Jan., 144–146 effects of exercise conditioning on, 1984: Jan., 14–15, 141–144

profiling of, 1984: Jan., 11-29 in skier, 1984: Jan., 254-257 in swimmer, 1984: Jan., 213-215 in wrestler, 1984: Jan., 277-280 uses of, 1984: Jan., 24-27

response of to exercise, 1984: Jan., 139-141

neural regulation of, 1984: Apr., 329-330

Caries, dental, 1983: March, 116
Cartilage, articular, harmful effects of immobilization on, 1985: Apr., 377, 380

Cast braces, 1985: July, 583-584

Cauliflower ear, prevention of, 1984: Jan., 286

Central nervous system, role of in exercise, 1983: March, 57–58

Cervical spine, anatomy of, 1983: Nov., 460-461

injury to, trampoline and minitrampoline as cause of, 1985: Jan., 45-60

American literature on, review of, 1985: Jan., 51-53

European literature on, review of, 1985: Jan., 47-51

lumbar and, injuries to, rehabilitation of, 1985: July, 455-476

nerves of, anatomy of, 1983: Nov., 461-463

prehabilitation of, 1985: July, 458–460 radiography of, 1985: July, 457–458 strain of, in dancer, 1983: Nov., 469 warm-up and flexibility exercises for, 1985: July, 459–460

"Charley horse," 1983: March, 178 CHD. See Coronary heart disease. Chemical composition, of average adult human body, 1984: July, 707 Children, adolescents and, knee problems

Children, adolescents and, knee problems in, 1985: Apr., 385–397

cardiorespiratory function in, effect of exercise on, 1985: Oct., 643

central nervous system injury in, 497–504 low back pain in, 1983: Nov., 587–589 over age 6, noncontact sports program for,

1985: Oct., 642 overuse syndromes in, 1983: Nov., 595-

607 profiling of, 1984: Jan., 153-169

weight training for, 1985: Jan., 142 Cholesterol, levels of, effects of exercise training on, 1984: Apr., 480; 1985: Oct., 635-636

> HDL versus LDL, effects of exercise on, 1984: Apr., 480–481

Chondromalacia patellae, causes of, 1985: Apr., 253

in dancer, 1983: Nov., 511

in gymnast, 1985: Jan., 112-116 misuse of term, 1985: Oct., 700-701

of sesamoid-metatarsal articulation 1985: Oct., 668 Chronic obstructive pulmonary disease, ex-

ercise and, 1984: Jan., 132-135 Chronotropic incompetence, 1984: Apr.,

Chronotropic incompetence, 1984: Apr., 405–406 formula for calculating, 1984: Apr., 385

Cigarette smoking, as risk factor for coronary artery disease, 1984: Apr., 357 effect of regular distance running on, 1985: Oct., 634

Clicking hip, in dancer, 1983: Nov., 495-496, 510

Clinical exercise testing, 1984: Apr., 319-332

Clipping injury, to knee, 1983: March, 149-150

Clonidine, hemodynamic effects of, 1984: Jan., 147

Club gymnastics, 1985: Jan., 39-43

Coaches, education of in psychological skills, need for, 1983: March, 88, 89 gymnastics, role of in safety conditions,

1985: Jan., 124-125 sources of nutritional information for,

sources of nutritional information for, study of, 1984: July, 675

Cognitive reconstruction, 1983: March, 96 Cold, effect of on exercise in cardiac patient, 1984: Apr., xii

therapeutic use of, 1983: July, 278–279, Nov., 604; 1985: July, 433, 434–435, 503

for tendinitis, 1985: Oct., 601 Collagen, characteristics of, 1985: July, 498 Collateral ligament, of knee, injury to, braces for, 1985: July, 442–443 rehabilitation after, 1985: July, 506-507

Compartment syndrome(s), 1985: Oct., 664 in female athletes, 1984: Oct., 864 of abductor hallucis muscles, 1985: 754–

Competition, attitudes of females toward, 1984: Oct., 898

Compression bandage, for injured ankle, 1985: July, 535

Computer, exercise equipment with, 1983: March, 37-41, 59-65

use of to link body composition analysis with weight training, 1984: Jan., 60, 62-63

Conception, effect of running on, 1985: Oct., 677-678

Conditioning, for overarm sports, 1983: July, 413–414

in cardiac patients, chronic adaptations to, 1984: Apr., 471-512

nutritional, for athletic competition, 1984: July, 567-582

Confidence, development of after knee injury, 1985: July, 516-517

Congress of Coaches, U.S.G.F., 1985: Jan., 9-11

Connective tissues, response of, to applied demands, 1983: July, 273–275 to immobilization, 1985: July, 418

Contraception, for female athlete, 1983: Nov., 520; 1984: 874-875

Contraceptives, oral, nutritional supplementation for users of, 1984: Oct., 928

Contrast bathing, for injured ankle, 1985: July, 535

Contusion, musculotendinous, 1983: March, 177-179

of knee, in gymnast, 1985: Jan., 119-120 Coordination, assessment of, 1985: July, 563 postural, assessment of, in female athlete, 1985: Apr., 353-354

Coracohumeral ligament, role of in passive stability of shoulder, 1983: July, 251

Coronary artery bypass surgery, cardiorespiratory conditioning after, 1984: Apr., 426–427

exercise testing after, 1984: Apr., 384-385, 410

Coronary artery disease, cigarette smoking and, 1984: Apr., 357

diet modification for, 1984: Apr., 359 patients with, exercise, education, and counseling for, 1984: Apr., 349–369

return to sexual activity following, 1984: Apr., 361

return to work following, 1984: Apr., 361 severity of, effect of on response to exercise training, 1984: Apr., 483 "type A behavior" and, 1984: Apr., 360

Coronary artery disease (Continued) women with, special needs of, 1984: Apr., 362-363

Coronary atherosclerotic heart disease, as cause of death in joggers, 1985: Oct., 633

Coronary care unit, exercise for patients in, 1984: Apr., 336-337

Coronary heart disease, conditioning in, chronic adaptations to, 1984: Apr., 471– 512

exercise and, epidemiology of, 1984: Apr., 297-315

exercise in, effect of on risk factors associated with, 1984: Apr., 476-477, 478-479

medical clearance for, 1984: Apr., 458-459

prescription for, 1984: Apr., 459 protective effects of, 1984: Apr., 314-315

risk of cardiac complications during, 1984: Apr., 457–458

risk of sudden death reduced by, studies showing, 1984: Apr., 310-313

study of, in British civil servants, 1984: Apr., 302–303 in United States college men, 1984:

Apr., 303–307 Vo, max improvement after, 1984:

Vo<sub>2</sub> max improvement after, 1984: Apr., 472–474

in marathon runners, 1984: Apr., 527-543 occupational physical activity and, studies of, 1984: Apr., 298-299

in San Francisco longshoremen, 1984: Apr., 299-301

recurrent, relation of exercise to, studies of, 1984: Apr., 313-314

role of exercise in prevention of, 1984: Apr., 307–308

Coronary Heart Disease Study Group, 1982, 1984: Apr., 345–346 Coronary stenosis, effect of during exercise,

Coronary stenosis, effect of during exercise, 1984: Jan., 16–17

Corticosteroids, for overuse injuries, 1983: July, 388–389

for tendinitis, 1985: Oct., 601

Counseling, behavioral, for athletes, 1984: Oct., 916–918

role of in cardiac rehabilitation, 1984: Apr., 352-353, 361-362

Oct., 874

Crawl stroke, mechanics of, 1984: Jan., 212 Cross-country skiing, training for, 1984: Jan., 267-268

Vo<sub>2</sub> max in, 1984: Jan., 248, 252, 253 Crossed extensor reflex, 1983: March, 75–76 use of in karate, 1983: March, 78

Cryotherapy, 1983: July, 278–279, Nov., 604; 1985: July, 433, 434–435, 503

for tendinitis, 1985: Oct., 601

Cyanocobalamin, effect of on performance, 1984: July, 627

Cybex II exercise machine, in diagnosis of multidirectional instability, 1983: July, 356–357

Cybex isokinetic dynamometer, 1984: Jan., 92-93, 97; 1985: Jan., 185

measurement error of, correction of, 1984: Jan., 282

use of in skeletal muscle testing, 1983: March, 37–38

Cycle ergometer, in cardiovascular testing, 1984: Jan., 20-21

Cycling, as training method, 1985: July, 579, 580

Dancers, ballet, female, ankle impingement in, 1984: Oct., 821

profiling of, 1984: Jan., 199–209 injuries to, problems causing, 1983: Nov., 460

symposium on, 1983: Nov., 457-656 professional, emotional profile of, 1983: Nov., 564

physical characteristics of, 1983: Nov., 564-565

stages in career of, 1983: Nov., 565–570 Dancing, gymnastics and, sports medicine in, 1983: Nov., 571–593

physical demands of, measurement of, 1983: Nov., 526–527

physiology of, 1983: Nov., 525-537 surfaces for, study of, 1983: Nov., 557-

training in, metabolic effects of, 1983: Nov., 528–531

DAPRE technique, 1985: July, 413-415 Death, sudden. See Sudden death.

de Coubertin, Baron Pierre, 1983: March, 183

"Deep heat" therapy, for tendinitis, 1985: Oct., 602

Deep muscle relaxation, 1983: March, 95 Deep squat, performance of by female athlete, 1984: Oct., 805

Dehydration, in adolescent athlete, 1984: July, 673

Deltoid muscle, role of in arm elevation, 1983: July, 256-257

Dental problems, of athletes, 1983: March, 115-122

Depo-Medrol, 1983: March, 203, 211

Depression, effect of exercise on, 1985: Oct., 637

in patient with thoracic outlet syndrome, 1983: July, 448

Derotation braces, 1985: July, 448-449

Developpe, 1983: Nov., 492, 493

Diabetes, sports participation of child with, 1984: Jan., 156-157

Diaphragm, contraceptive, wearing of during exercise, 1984: Oct., 874

Diet, alteration of, in coronary artery disease, 1984: Apr., 359

balanced, basic diet plan for, 1984: July, 568, 570

composition of, effect of on protein requirement, 1984: July, 601-602

daily, caloric level of, for female athlete, 1984: July, 653-654

effect of on choice of fuel, 1984: July, 587 for athletes, 1983: March, 109–110 psychological effects of, 1983: March, 110

of adolescents, 1984: July, 671–672 of dancers, study of, 1983: Nov., 541–543 weight control, criteria for, 1984: July, 724

weight gaining, in female athlete, 1984: July, 654

weight reduction, for athlete, 1984: July, 698

for female athlete, 1984: July, 654 for wrestler, 1984: Jan., 281–282, July, 696–697, 700–701

improper, effects of, 1985: Jan., 27–28 Disc, disease of, 1983: March, 200 chronic, effect of running on, 1985:

Oct., 658 epidural injections for, 1983: March,

203 in gymnast, 1985: Jan., 90-91 lumbar, 1983: March, 201-203

herniated, silent, in dancer, 1983: Nov., 496–497

Disc space, infection of, in gymnast with back pain, 1985: Jan., 92

Discriminant analysis, in measuring multiple performance factors in sports, 1984: Jan., 7–8

in profiling, 1984: Jan., 189-191

Dislocation, acromioclavicular, care of, historical development of, 1983: July, 236–237

in adolescent, 1983: July, 424-425 of patella, findings after spontaneous reduction of, 1985: Apr., 235-236

of shoulder, anterior, rehabilitation of, 1985: July, 485, 492

care of, historical development of, 1983: July, 232-234

in adolescent, 1983: July, 425–426 multidirectional, 1983: July, 370 neurovascular injury and, 1983: July, 326–327

operative repair of, hardware complications of, 1983: July, 331-332 nerve injury complications of, 1983: July, 331

posterior, 1983: July, 369–378 persistent unreduced, 1983: July, 376 recurrent, 1983: July, 375–376 reduction of, 1983: July, 375 rehabilitation of, 1985: July, 492

recurrent, diagnosis of, 1983; July, 328 postoperative, 1983; July, 330 treatment of, 1983; July, 329–330

reduction of, 1983: July, 323-324 exercises following, 1983: July, 324-325

rotator cuff tear and, 1983: July, 327 of sternoclavicular joint, 1983: July, 435– 437

in adolescent, 1983: July, 426 Diuretics, hemodynamic effects of, 1984: Jan., 146

Dr. Atkins' Revolutionary Diet, 1984: July, 725

Dr. Stillman's Quick Inches-Off Diet, 1984: July, 726

Doping, definition of, 1983: March, 13-14 Drinking Man's Diet, 1984: July, 726 Drugs, effects of on exercise test, 1984:

Apr., 401 for asthma, Olympic status of, 1982: Nov., 403; 1984: Jan.,

prohibited at Olympic Games, list of, 1983: March, 15

testing for, 1983: March, 14-16 International Olympic Committee regulations for, 1983: March, 13

Drug abuse, by athletes, solution for, 1983: March, 101–103

Dynamic exercise, 1984: Apr., 321 Dynamic patellar brace, 1984: Oct., 813 Dynamic training, 1985: Apr., 335

Dysmenorrhea, 1983: Nov., 520; 1984: Oct., 874

Early ambulation, after myocardial infarction, 1984: Apr., 333-348

Eating disorders. See specific disorder. Eccentric training, for treatment of injured tendon, 1985: Oct., 603-605

Eccentric weight training, 1985: Jan., 162-163

Echocardiography, in cardiovascular evaluation, 1984: Jan., 18 of dancers, 1983: Nov., 528

EKG, resting, in cardiovascular evaluation, 1984: Jan., 18

Elbow, injury to, in female gymnasts, 1983: Nov., 578–579

in gymnasts, 1985: Jan., 73-83 acute, mechanisms of, 1985: Jan., 79 Elbow (Continued)

injury to, in gymnasts, recommendations for prevention of, 1985: Jan., 82 problems of, in gymnast, 1985: Jan., 65,

68

shoulder and, preparticipation examination of, in child, 1984: Jan., 161-162 Electrical galvanic stimulation (EGS), as

therapeutic modality, 1985: July, 435 Electrical muscle stimulation (EMS), rehabil-

itative use of, 1985: July, 435-436, 583 Electrocardiogram, resting, in cardiovascular

evaluation, 1984: Jan., 18 Electrolytes, fluid and, imbalance of, in dancers, 1983: Nov., 544-545

in ultra-endurance sports, 1984: July, 683-685

water and, requirements for during exercise, 1984: July, 639-648

Electronic monitoring, of cardiac patients, in home exercise training program, 1984: Apr., 462–464

during group cardiac rehabilitation pro-

gram, 1984: Apr., 465

Electrotherapy, for overuse injuries, 1983: July, 388 Elite athlete, sports psychology and, 1983:

March, 87-99

Ely test, 1983: March, 172
Employment, of pregnant woman, effect of on fetus, 1984: Oct., 889–890

Endometriosis, 1983: Nov., 521

Endurance, muscular, during rehabilitation, 1985: July, 410

Endurance exercise, carbohydrate as fuel for, 1984: July, 572–573, 683, 733–734 protein metabolism in, 1984: July, 596– 597

Energy, production and utilization of in athletes, 1985: Jan., 169-177

requirements for, for female athletes, 1984: July, 649-650

under polar conditions, 1984: July, 687 source of, during rest, 1984: July, 585– 586

Energy cost, of various physical activities, 1984: July, 569

Engram assembly, 1985: Apr., 357-359 Environment, problems with, affecting run-

ners, 1985: Oct., 725–735

Epinephrine, blood level of, effect of exercise on, 1985: Oct., 637

Epiphysis, fracture of, in knee, 1985: Apr.,

growth of, effects of pressure on, studies of, 1985: Oct., 644-645

Equipment, exercise. See Exercise equipment.

Erector spinae, stretching exercises for, 1985: July, 469

Ergogenic aids, 1984: July, 731-742 classification of, 1983: March, 105-106 Excessive lateral presure syndrome, 1985: Oct., 705

Exercise, after myocardial infarction, in-hospital, 1984: Apr., 337-341, 353

cardiovascular response to, 1984: Jan., 15-17; Apr., 324-327

neural regulation of, 1984: Apr., 329-330

central nervous system in, role of, 1983: March, 57-58

changes in R wave amplitude after, 1984: Apr., 390

coronary heart disease and, epidemiology of, 1984: Apr., 297–318

diastolic blood pressure response during, 1984: Apr., 387

effect of, on body composition, 1984: July, 709-711

in rats, 1984: July, 606

on cardiac performance, 1984: Apr., 519-520

on choice of substrate, 1984: July, 586 on myocardial oxygen consumption, 1984: Apr., 474–476

on risk factors associated with coronary heart disease, 1984: Apr., 476-477, 478-479

on serum lipids and lipoproteins, 1984: Apr., 477, 480-481

psychologic, 1984: Apr., 481 beneficial, 1985: Oct., 637–638

fat metabolism in, 1984: July, 605–621 for shoulder dislocation, postsurgical, 1983: July, 324–325

for shoulder subluxation, 1983: July, 349-350

for thoracic outlet syndrome, 1983: July, 448-450

heart rate response to, 1984: Apr., 405 in coronary or intensive care unit, 1984: Apr., 336-337

in hot weather, effects of on cardiac patient, 1984: Apr., xii

recommendations of American College of Sports Medicine for, 1985: Oct., 734

in patient with coronary heart disease, medical clearance for, 1984: Apr., 458– 459

in patient with fixed heart rate pacemaker, 1984: Apr., 485

in prevention of hypertension, role of, 1984: Apr., 308–309

in prevention of recurrent coronary heart disease, role of, 1984: Apr., 307–308 in treatment of athletic injuries, 1983:

July, 278

intake of fluids during, 1984: July, 643-644

intensity of, relationship of to utilization of available fuel, 1984: July, 680–683 isokinetic, 1983: March, 38–40 Exercise (Continued)

isokinetic, compared with isotonic, 1983: March, 58-59

leisure time, coronary heart disease and, study of, in British civil servants, 1984: Apr., 302–303 in United States college men, 303–

307

nutritional support during, 1984: July, 578–580

of pregnant woman, as test of fetal wellbeing, 1984: Oct., 888-889

effect of on pregnancy outcome, 1984: Oct., 890-891

recommendations for, 1984: Oct., 891–892

prescription of, for cardiac patient, 1984: Apr., 425–442, 459

protective effects of against coronary heart disease, 1984: Apr., 314-315

rehabilitative, modalities for, description of, 1985: Apr., 335–336

relation of to recurrent coronary heart disease, studies of, 1984: Apr., 313–314 risk of cardiac complications during, 1984: Apr., 457–458

risk of sudden death reduced by, studies showing, 1984: Apr., 310-313

strengthening, for supraspinatus muscle, 1983: July, 416, 418, 419

Stretching, for rotator cuff injury, 1983: July, 414–415, 416, 417

therapeutic, 1985: July, 417-429 types of, 1984: Apr., 319-321

ventilation and, 1984: Jan., 124-128 Exercise equipment. See also particular

type. computerized, 1983: March, 37-41, 59-65 studies using, 1983: March, 40-53, 64-

hydraulic mechanism type, drawbacks of, 1983: March, 60

weight-based, risk of injury with, 1983: March, 60

Exercise physiology, at United States Olympic Training Center, 1983: March, 19–30

in handicapped athletes, 1983: March, 187–188

Exercise testing, 1984: Jan., 22–24 after coronary artery bypass surgery, 1984: Apr., 384–385, 410

after myocardial infarction, 1984: Apr., 382–384, 409–410

angina during, 1984: Apr., 406–407 arrhythmia during, 1984: Apr., 390, 404 clinical, 1984: Apr., 319–332

effects of drugs on, 1984: Apr., 401 end points for, 1984: Apr., 372 false-negative results of, 1984: Apr., 401

false-positive results of, 1984: Apr., 400 hyperventilation during, 1984: Apr., 401 hypotension during, 1984: Apr., 404–405 in chronic obstructive pulmonary disease, 1984: Jan., 133–135

in evaluating cardiac patient for rehabilitation, 1984: Apr., 371–393

indications and contraindications for, 1984: Apr., 372, 398

intraventricular conduction defect developed during, 1984: Apr., 403-404

isometric, 1984: Apr., 380-381, 395-396 lead systems for, 1984: Apr., 389, 397

modes of, 1984: Apr., 374 motor driven treadmill for, 1984: Jan., 21-22

of cardiac patient, before hospital discharge, 1984: Apr., 353

of runner, 1985: Oct., 629

predictive value of, formula for calculating, 1984: Apr., 400

protocols for, comparison of, 1984: Apr., 396

QT interval in, 1984: Apr., 403 R wave analysis in, 1984: Apr., 402–403 results of, men and women compared, 1984: Apr., 401

rhythmic isotonic, 1984: Apr., 376 sensitivity of, formula for calculating, 1984: Apr., 399

septal Q wave analysis in, 1984: Apr., 403 specificity of, formula for calculating, 1984: Apr., 399

ST-T depression during, 1984: Apr., 388–389, 396–397, 400

ST-T elevation in, 1984: Apr., 402 types of, 1984: Apr., 375–376 U wave inversion in, 1984: Apr., 403 use of in management and prognosis,

1984: Apr., 395—416 Exercise-induced asthma, 1984: Jan., 130– 132

Expeditioneering, diet for, 1984: July, 687– 689

Extensor mechanism, overloading of, in female gymnast, 1984: Oct., 835, 836

Facet joints, injury to, 1983: March, 210-212

Fad diets, 1984: July, 690, 723–729Fasciitis, plantar, 1983: March, 147; Nov., 597–598

taping for, 1983: Nov., 605

Fat, as fuel source for exercise, 1984: July, 736

body. See Body fat.

contribution of to metabolism, measurement of, 1984: July, 584

dietary, intake of during training, 1984: July, 571

metabolism of, role of in exercise, 1984: July, 605-621 Fat (Continued)

oxidation of, during exercise, effect of diet composition on, 1984: July, 612 transition to from carbohydrate oxida-

tion, 1984: July, 611 formula for, 1984: July, 584

Fat fold measurement, 1984: Jan., 38-41 Fat pad syndrome, 1985: Oct., 704

Fatty acids, response of to exercise and rest, 1984: July, 610

use of as fuel during exercise, 1984: July, 606-607, 609

Fear, of success, in female athletes, 1984: Oct., 902

Female athletes. See Women, as athletes.
Femininity, sports participation and, 1984:
Oct., 911

testing for, at Olympic Games, 1983: March, 16-17

International Olympic Committee regulations for, 1983: March, 13

Fencers, elite competitive, profiling of, 1984: Jan., 231-244

Fetus, effects of maternal aerobic exercise on, studies of, 1994: Oct., 886–888 effect of maternal employment on, 1984: Oct., 889–890

well-being of, maternal exercise as test of, 1984: Oct., 888–889

Fiber, muscle. See Muscle fiber.

"Fibrinolytic effect," increase in after running program, 1985: Oct., 637

Fick equation, 1984: Jan., 12

Field events, strength training for, 1985: Ian., 155

"Fight or flight" reaction, 1984: Apr., 521 Fingers, fractures of, 1983: Nov., 619-622 First ray, congenitally short, 1983: Nov., 500

First-aid, for athletic injury, 1985: July, 576–578

FITCOMP program, 1984: Jan., 60, 62-63 Fitness. See Physical fitness.

Fixed-heart rate pacemakers, exercise training in patients with, 1984: Apr., 485

Flexibility, 1984: Jan., 101–117 advantages of in sports, 1984: Jan., 269 assessment of, in female athlete, 1985:

Apr., 353 in musculoskeletal profile, 1984: Jan.,

81, 82-83 development of, for gymnasts, 1985: Jan.,

guidelines for, 1984: Jan., 116 techniques for, 1984: Jan., 111-113 effects of resistance training on, myths

concerning, 1984: Oct., 795 for normal running gait, 1985: July, 555-

improvement of, in runner, exercise program for, 1985: Oct., 670, 691, 692

in ballerina, 1984: Jan., 204 in child, 1984: Jan., 163

in fencer, 1984: Jan., 237 in swimmer, 1984: Jan., 113, 222-223

in wrestler, 1984: Jan., 280-281 influence of on strength, in football players, 1984: Jan., 194

"natural, " 1983: March, 81

of cervical spine, exercises for, 1985: July, 459-460

of hamstrings, testing of, 1984; Jan., 108 of hip, testing of, 1984; Jan., 105, 106; 1985; July, 556–558

of knee, tests for, 1985: July, 558-560 of lower leg, testing of, 1984: Jan., 110

of muscle-tendon unit, increase of, 1985: July, 499-500

of shoulder, testing of, 1984: Jan., 107 of spine, tests for, 1985: July, 560–562 relation of to performance in sports, 1984:

Jan., 113-114
restoration of after injury, 1985: July, 409

scientific basis of, 1984: Jan., 103–104 Flexor hallucis longus, tendinitis of, in dancer, 1983: Nov., 510–511

Floor exercise, 1985: Jan., 33

Floor surface, for dancing, study of, 1983: Nov., 557-561

Fluid, electrolytes and, imbalance of, in dancers, 1983: Nov., 544-545 in ultra-endurance events, 1984: July, 683-685

intake of during exercise, 1984: July, 643-644

Fluid balance, in adolescent athlete, 1984: July, 673

Folic acid, effect of on performance, 1984: July, 627 supplementation with during pregnancy,

supplementation with during pregnancy, 1984: July, 659

Folk dancing, physical demands of, 1983: Nov., 526–527

Foot, ankle and, nerve entrapment of, in runners, 1985: Oct., 753-763 preparticipation examination of, in

child, 1984: Jan., 160–161 contribution of to knee pathology, in runner, 1985: Oct., 686

ner, 1985: Oct., 686 examination of in musculoskeletal profile,

1984: Jan., 80 orthotic device for, casting technique for, 1985: Oct., 611-613

overuse syndromes of, !383: March, 147 pain in, intractable, in runner, 1985: Oct., 665–668

problems of, in female athletes, 1984: Oct., 821-822

in young dancer, 1983: Nov., 585–587 tendinitis of, in dancer, 1983: Nov., 510– 511

types of, 1985: Oct., 717

Football, performance factors in, 1984: Jan.,

players of, body composition of, 1984: Jan., 55-56

professional, profiling of, 1984: Jan., 185-197

shoulder injuries in, 1983: July, 243–244 strength training for, 1985: Jan., 152–153 Force couple coordination, in arm elevation, 1983: July, 258–259

Force couple imbalance, in arm elevation, 1983: July, 259–260 Forced expiratory volume, prediction equa-

tion for, 1984: Jan., 123

Forced vital capacity, measurement of by flow volume loop, 1984: Jan., 121, 122 prediction equation for, 1984: Jan., 123

Forefoot, toenails and, problems of in runners, 1985: Oct., 717-723

Fracture(s), lumbar, 1983: March, 212; 1985: July, 470-471

of ankle, classification of, 1985: July, 534 of finger, 1983: Nov., 619-622

of great toe, in dancer, 1983: Nov., 504 of knee, 1985: Apr., 225-226

braces for, 1985: July, 452–453 of long bones, rehabilitation of, 1985: Apr., 337, 339

of shoulder, care of, historical development of, 1983: July 236

dislocation and, 1983: July, 326 of tibial tuberosity, in child, 1985: Apr., 390, 392

osteochondral, 1983: March, 163-164 stress. See Stress fracture.

Free weights, comparison of with machines for resistance exercise, 1984: Oct., 805– 806

Frostbite, 1985: Oct., 728-729

Fructose, as fuel for exercise, 1984: July, 734

Fuel, catabolism of, basic scheme of, 1984: July, 732

use of by body, determination of type of, 1984: July, 584-585

use of in exercise, relation of intensity and duration to, 1984: July, 680-683

Functional aerobic impairment, formula for calculating, 1984: Apr., 386

Gait, evaluation of, 1984: Jan., 79 by observation, 1985: July, 570–571 normal, 1985: July, 554–555

Gas exchange, pulmonary, 1984: Jan., 123 Gastrocnemius, medial, rupture of, 1985: Oct., 665

Gastrocnemius test, 1985: July, 560 Gastrocnemius-soleus, strain of, 1983: March, 175 Gingivitis, ulcerative, 1983: March, 117
Girths, measurement of, in body composition analysis, 1984: Jan., 41

Glenohumeral joint. See Shoulder.

Glenohumeral ligaments, role of in passive stability of shoulder, 1983: July, 250– 251

Glenoid cavity, abnormalities of, iliac bone block for, 1983: July, 335

Glenoid labrum, abnormalities of, surgical repair of, 1983: July, 335

double-contrast arthrotomography of, 1983: July, 297-298, 306-307

role of in passive stability of shoulder, 1983: July, 249–250

tears of, 1983: March, 132–133 Glucose, as fuel for exercise, 1984: July, 734 blood, effect of exercise on level of, 1985:

Oct., 636 role of as energy substrate, 1984: July, 589–590, 682–683

Glycerol, as fuel for exercise, 1984: July,

Glycogen, muscular stores of, relation of to endurance capacity, 1984: July, 587-588 use of during high intensity exercise, 1984: July, 680

Glycogen loading, 1984: July, 573–574 Godfrey test, 1985: Apr., 301

Golgi tendon reflex, 1983: March, 75-76

Goniometer, 1984: Jan., 105, 106 Graded exercise test. See Exercise testing. Granulation tissue, effect of on response to

applied demand, 1983: July, 276-277 Grapefruit diet, 1984: July, 726

Great toe. See Hallux. Groin pull, 1983: March, 173

Growth hormone, use of to stimulate muscle growth, 1984: July, 746

Gymnastics, accidents in, causes of, 1985: Jan., 125

collegiate, for women, review of, 1985: Jan., 31-37

dance and, sports medicine in, 1983: Nov., 571-593

equipment for, basic requirements for, 1985: Jan., 128-132

history of, 1985: Jan., 3-5

in United States, administration of, 1985: Jan., 7-15

nutritional and medical aspects of, 1985: Jan., 23-30

physiologic aspects of, 1985: Jan., 17-22 qualities needed for success in, 1985:

Jan., 5 rhythmic, 1985: Jan., 10-11

safety for, 1985: Jan., 123-133 strength training for, 1985: Jan., 153

symposium on, 1985: Jan., 1-205

Cymposium of, 1985: Jan., 1-205

Gymnasts, body composition of, 1985: Jan., 20-21 Gymnasts (Continued)

female, ankle impingement in, 1984: Oct., 819-820

ideal body form for, 1985: Jan., 24–25 overuse injuries of knee and spine in, 1984: Oct., 829–850

nutritional habits of, study of, 1985: Jan., 25–27

preparedness of for performing gymnastic skills, 1985: Jan., 125-127

shoulder motion in, 1983: July, 380–381 Gynecologic problems, in athletes, 1984: Oct., 869–879

obstetric problems and, in dancer, 1983: Nov., 515-523

Hallux, disorders of, in dancers, 1983: Nov., 499-505

injury to, in dancers, 1983: Nov., 504 metatarsal phalangeal joint of, taping of, 1984: Oct., 821

Hallux rigidus, in dancer, 1983: Nov., 501-502

in runner, 1985: Oct., 720

Hallux valgus, in runner, 1985: Oct., 719-720

Hammer toe, 1985; Oct., 720

Hamstrings, flexibility of, testing of, 1984: Jan., 108

pull of, in dancer, 1983: Nov., 491 strain of, 1983: March, 174-175

stretching exercises for, 1985: July, 465–466

Hamstring test, 1985: July, 558

Hand, common injuries of, 1983: Nov., 609-629

Handicapped athletes, 1983: March, 183-190

Healing, importance of vascularity in, 1983: July, 275

of anterior cruciate ligament, experimental studies of, 1985: Apr., 318-319

of microfailures, concentration of stress in, 1983: July, 276–277

of tendon, 1985: Oct., 597-599 of wounds, 1985: July, 498-499 physiologic, 1983: July, 274

Heart. See also Cardiovascular system. changes in wall thickness of, in dancers, 1983: Nov., 528

disease of, coronary. See Coronary heart disease.

ischemic, effect of on cardiac rehabilitation, 1984: Apr., 483–484 valvular, effect of on exercise, 1984:

Jan., 17

performance of, effects of exercise training on, animal studies of, 1984: Apr., 518–519

in humans, 1984: Apr., 519-520

response of, to exercise, 1984: Jan., 15–17 to training for distance running, 1985: Oct., 628

rhythm disorders of, effect of exercise on, 1985: Oct., 637

size of, effect of running on, 1984: Apr., 519; 1985: Oct., 631-632

Heart rate, target training, calculation of in cardiac patients, 1984: Apr., 428–429Heart rate response, during exercise, 1984: Apr., 405

Heat, therapeutic use of, 1983: July, 278– 279; 1985: July, 433–434 for shoulder impingement, 1983: July,

399-400

Heat cramps, 1985: Oct., 732

Heat exhaustion, 1985: Oct., 732

Heat stroke, 1985: Oct., 732–733 Heel pain, surgery for, 1985: Oct., 754–755

Height, of female athletes, 1984: Oct., 767Hemarthrosis, acute, of knee, arthroscopy of, 1985: Apr., 277

most common diagnoses of, 1985: Apr., 307

Hematoma auris, prevention of, 1984: Jan., 286

Hemoglobin, total blood volume and, of women compared with men, 1984: Oct., 781

High altitude cerebral edema, 1985: Oct., 727

High altitude pulmonary edema, 1985: Oct., 727

Hip, flexibility of, testing of, 1984: Jan., 105, 106; 1985: July, 556–558 of dancer, 1983: Nov., 485–498

clicking of, 1983: Nov., 510 snapping around, 1983: Nov., 495 stress fracture of, 1983: Nov., 490 pain in, in runner, 1985: Oct., 658, 660

Hip abductor test, 1985: July, 564 Hip adductor, strain of, 1983: March, 173 in dancer, 1983: Nov., 491–492

Hip flexor length, testing of, 1984: Jan., 108-109, 110

Hip flexor test, 1985: July, 564

Hockey, ice, performance factors in, discriminant analysis of, 1984: Jan., 7, 8

Hop test, 1985: July, 570

Hormones, effects of on weight training, 1984: Jan., 223

levels of, in female athletes, 1983: Nov., 517-518

Hot weather, exercise during, effect of on cardiac patient, 1984: Apr., xii recommendations of American College of Sports Medicine for, 1985: Oct., 734

Hughston view, of patellofemoral joint, 1985: Apr., 240–241

Human chorionic gonadotropin diet, 1984: July, 726 Humerus, head of, role of in passive mobility of shoulder, 1983: July, 247

 Hydrostatic weighing, 1984: Jan., 36–38
 Hyperlordosis, in dancer, 1983: Nov., 474, 475, 476, 477

Hypertension, child with, sports participation of, 1984: Jan., 156 control of, patient education concerning.

1984: Apr., 359

patient with, profiling of, 1984: Jan., 137-152 role of exercise in preventing, 1984: Apr.,

Hyperventilation, during exercise test, 1984:

Apr., 401 Hypervitaminosis, 1983: March, 107-108

Hypoestrogenemia, in dancers, as possible cause of stress fractures, 1983: Nov., 545

Hypotension, during exercise test, 1984: Apr., 404-405

Hypothermia, in runner, 1985: Oct., 727-729

Hypoxic training, in swimming, 1984: Jan., 212–213

Ice, for acute injury, 1985: July, 577–578 for ankle injury, 1985: July, 535 for shoulder impingement, 1983: July, 399 Ice hockey, performance factors in, discriminant analysis of, 1984: Jan., 7, 8

Iliopsoas, strain of, 1983: March, 175

Iliopsoas test, 1985: July, 557

Iliotibial band, stretching program for, 1985: Oct., 695, 709

Iliotibial band syndrome, in runner, 1985: Oct., 660, 694–695

Iliotibial band test, 1985: July, 557 Imagery training, 1983: March, 95

Immobilization, cast, of tendon, undesirable effects of, 1985: Oct., 600

of knee, detrimental effects of, 1985: July, 497–498

response of connective tissue to, 1985: July, 418

response of muscle tissue to, 1985: July, 419

Impingement. See under body part affected.
Infarct, cardiac size of, effect of on response to cardiac rehabilitation, 1984: Apr.,
484

Infection, acute, sports participation of child with, 1984: Jan., 154-155

disc space, in gymnast with back pain, 1985: Jan., 92

pelvic and vaginal, in athlete, 1984: Oct.,

Inferior capsular shift operation, anterior approach, 1983: July, 360, 362

posterior approach, 1983: July, 362–363, 365

Infertility, in female athletes, 1984: Oct., 875

Inflammation, of knee, management of, 1985: Oct., 691

Infrapatellar strap, 1984: Oct., 813

Infraspinatus muscle, teres minor muscle and, strengthening of, 1983: July, 419

Infraspinatus tendon, chronic tendinitis of, 1983: March, 125

Ingrown toenail, in dancer, 1983: Nov., 503 Injury. See also specific body part.

ankle tendon, 1983: Nov., 631-641 anterior cruciate ligament, 1983: March, 161-162

back, 1983: March, 191-215 dental, 1983: March, 117-118 facet joint, 1983: March, 210-212

first-aid for, 1985: July, 576–578 hand, 1983: Nov., 609–629

in adolescent runners, 1985: Oct., 643, 644

in ballet dancer, 1984: Jan., 205–208 in dancers, symposium on, 1983: Nov., 457–581

in football, 1984: Jan., 194-195 in runner, of knee, 1985: Oct., 685-698 orthotic devices for, 1985: Oct., 611-

prevention of, 1985: Oct., 669-670 in skiing, 1984: Jan., 262-266

in sports, common, 1984: Jan., 70 relative frequency of, 1984: Jan., 262 risk factors for, 1984: Jan., 69, 70

in swimmers, 1984: Jan., 223–224 in wrestlers, 1984: Jan., 286

knee, acute, 1983: March, 149-166 medial collateral ligament, 1983: March, 160-161

meniscal, 1983: March, 162–163 musculoskeletal, profile for prevention of, 1984: Ian., 65–84

of musculotendinous unit, acute, 1983: March, 167–182

posterior cruciate ligament, 1983: March, 162

prevention of, 1985: July, 496–497 role of flexibility in, 1984: Jan., 104–105 rate of, in club gymnastics, 1985: Jan., 41–42

in women's collegiate gymnastics, 1985: Jan., 31–32

rehabilitation of, symposium on, 1985: July, 405-589

Institute for Sports Medicine and Athletic Trauma, sports fitness evaluation form of, orthopedic section of, 1984: Jan., 71-74

Intensive care unit, exercise for patients in, 1984: Apr., 336–337

International Amateur Athletic Federation of England, guidelines of for adolescent runners. 1985: Oct., 642

International Olympic Committee, drug and sex testing regulations of, 1983: March, 13

Intraventricular conduction defect, development of during exercise, 1984: Apr., 403-404

Iron, deficiency of, effect of on physical performance, 1984: Oct., 930 in female runners, 1985: Oct., 681 incidence and cause of, 1984: Oct., 929–930

dietary, enhancers and inhibitors of, 1984: Oct., 931, 933

sources of, 1984: Oct., 931

requirements for, 1984: Oct., 929

supplementation with, effect of on performance, 1984: July, 632–633 for female athletes, 1984: July, 661–662;

Oct., 930-931 Ischemic heart disease, effect of on cardiac

rehabilitation, 1984: Apr., 483–484 Isodynamic strength training, 1985: Jan.,

144 Isokinetic exercise, 1983: March, 38–40; 1985: Jan., 164–165, 184, 186

compared with isometric, 1985: Jan., 165 compared with isotonic, 1985: Jan., 165 Isokinetic muscle contraction, 1984: Jan., 91

Isokinetic muscle performance, evaluation of, 1983: March, 37–53

Isokinetic strength training, 1985: Jan., 146 Isokinetic testing, 1983: March, 40–49 Isokinetic training, 1983: March, 38–40;

1985: Apr., 335–336 advantages of after knee surgery, 1984: Jan., 95–96

devices for, 1985: July, 501, 503

Isometric exercise, 1985: Jan., 160–161, 183–184, Apr., 335

compared with isokinetic, 1985: Jan., 165 compared with isotonic, 1985: Jan., 165 compared with variable resistance, 1985: Jan., 166

Isometric exercise tests, 1984: Apr., 380-381, 396

Isometric muscle contraction, 1984: Jan., 90 Isometric strength training, 1985: Jan., 144 Isotonic exercise, 1985: Jan., 161–162, 184 compared with isokinetic, 1983: March,

compared with isometric, 1985: Jan., 165 compared with variable resistance, 1985: Jan., 165

Isotonic muscle contraction, 1984: Jan., 90-91

Isotonic training, 1985: Apr., 335

Isotope angiocardiogram, 1984: Apr., 421–422
 IUD, 1984: Oct., 875

Jahn, Frederick Ludwig, 1985: Jan., 4 Javelin throwing, shoulder injuries in, 1983: July, 245

Joint, looseness of, 1984: Jan., 114"Jumper's knee," 1983: March, 172in dancer, 1983: Nov., 511

Karate, use of crossed extensor reflex in, 1983: March, 78

Karvonen formula, 1984: Apr., 485
Kidney(s), abnormalities of, sports participation of child with, 1984: Jan., 155–156

Knee, adhesions of, arthroscopic surgery for, 1985: Apr., 286

anterior cruciate deficient, rehabilitation of, 1985: July, **513–526** aspiration of, 1983: March, 159–160

biomechanics of, 1985: Oct., 687, 690 braces for, taping and, 1985: July, 439– 454

effusion in, 1985: Oct., 701

examination of, 1984: Jan., 80; 1985: Apr., 296–303

in child, 1984: Jan., 159–160 preparticipation, 1985: Apr., 217–218 extensor mechanism of, disorders of, diag-

nosis of, 1985: Apr., 231-246 scientific basis of, 1985: Apr., 247-

function of, physiologic considerations of, 1985: Apr., 347-349

overview and treatment philosophy of, 1985: Apr., 210-211 flexibility tests for, 1985: July, 558, 560

fracture of, 1985: Apr., 225–226 injury of, acute, 1983: March, 149–166

nonsport-related activities associated with, 1985: Apr., 306 study of, 1985 Apr., 305–310

systematic evaluation of, 1985: Apr., 295-312 arthroscopy of, 1985: Apr., 275-278

field examination of, 1985: Apr., 218-219 in dancer, 1983: Nov., 511-512, 581-

583 in females, patterns of, 1985: Apr.,

345-346 in gymnasts, 1985: Jan., 111-122 in runners, 1985: Oct., 685-698

in swimmer, 1984: Jan., 224

operative treatment of, 1985: Apr., 325-331

overview and philosophy of, 1985: Apr., 209-215

pathophysiology of, 1985: Apr., 333–334 rehabilitation of, 1985: Apr., 214, 333– 343; July, 495–511

return to play after, 1983: March, 160; 1985: July, 497

criteria for, 1985: Apr., 228-229 screening of, 1985: Apr., 217-230

isokinetic testing of, pilot study, 1983: March, 46–49

ligaments of. See *Ligaments*, of knee. loose bodies in, arthroscopic surgery for, 1985: Apr., 284–285

surgical removal of, 1985: Apr., 373, 375-376

medial, diffuse pain in, 1985: Oct., 693 muscular imbalance in, 1984: Oct., 830– 831

of female, differences in, 1985: Apr., 346-347

overuse syndromes of, in female athletes, 1984: Oct., 811–815

role of forceful extension in, 1984: Oct., 835, 836

pain in, causes of, 1985: Apr., 308 in runner, 1985: Oct., 660-662

problems of, in children and adolescents, 1985: Apr., 385–397

in female athletes, 1985: Apr., 345–366 rotatory instability of, 185: Apr., 326–327 swelling of, palpation of, 1983: March, 153–154

symposium on, 1985: Apr., 207-401

Lachman test, 1985: Apr., 301 Lactate threshold, 1984: Jan., 250-251 Lactation, nutrition during, 1984: Oct., 927-928

running during, 1985: Oct., 679 Lateral retinacular release, for patellofemoral problems, 1985: Oct., 710–711 Laurin view, of patellofemoral joint, 1985:

Apr., 242-243

Lean body weight, 1984: Jan., 35–36
Leanness, trend toward in dancers, 1983:
Nov., 540–541

Lecithin, B<sub>6</sub>, apple cider vinegar, and kelp diet, 1984: July, 726

Left ventricular dysfunction, exercise capacity in, 1984: Apr., 486–489 exercise training in, 1984: Apr., 489–491

Left ventricular hypertrophy, in runners, 1985: Oct., 628

Leg(s), deformity of, as cause of knee extensor mechanism problems, 1984: Oct., 833

discrepancies in length of, in runner, correction of, 1985; Oct., 691

lower, flexibility of, testing of, 1984: Jan., 110

overuse syndromes of, 1983: March, 137-148

stress fractures of, 1983: March, 144-145

Leighton Flexometer, 1984: Jan., 106 Ligament(s). See also specific ligament. anterior cruciate. See Anterior cruciate ligament.

collateral, of knee, injury to, braces for, 1985: July, 442–443 rehabilitation after, 1985: July,

506–507

effects of activity and inactivity on, experimental studies of, 1985: Oct., 603 laxity of, in women, 1984: Oct., 814–815 medial collateral, injury of, 1983: March, 160–161

in gymnast, 1985: Jan., 117 of ankle, 1985: July, 528–530 of bree, injury of south 1985. Apr

of knee, injury of, acute, 1985: Apr., 327-329

chronic, 1985: Apr., 329–330
classification of, 1985: Apr., 222–223
examination of, 1985: Apr., 220–222
in child, 1985: Apr., 393–395
in runner, 1985: Oct., 698
overview and treatment philosophy
of, 1985: Apr., 211–212

of, 1985: Apr., 211–212 surgery versus conservative management for, 1985: Apr., 223–224

tests for evaluation of, 1985: Apr., 302 prosthetic, 1985: Apr., 213 sprains of, rehabilitation after, 1985:

Apr., 339–340 stability of, examination of, 1985: Apr., 300–303

surgery of, rehabilitation after, 1985: Apr., 340-342

of talocrural joint, 1985: July, 528-530 Ling, Peter, 1985: Jan., 4

Lipids. See Fat.

Lipoproteins, levels of, effect of exercise training on, 1984: Apr., 477, 480–481 effect of running on, 1984: Apr., 521– 529

Little League shoulder, 1983: July, 423–424 Loose bodies, in knee, arthroscopic surgery for, 1985: Apr., 284–285

with osteochondritis dissecans, removal of, 1985: Apr., 373, 375–376

Los Angeles Olympic Organizing Committee (LAOOC), responsibilities of, 1983: March. 8

Low back, neck and, rehabilitation of, 1985: July, 455-476 Low back pain, 1983: March, 192, 193, Nov., 587–589

evaluation of, 1985: July, 463–465 in child, 1983: Nov., 587–589 in dancer, 1983: Nov., 479–480

Lumbar muscles, strains of, in dancers, 1983: Nov., 508-509

Lumbosacral sprain, chronic, 1983: March, 197-203

Lungs, training to improve performance of, 1984: Jan., 128-129

volumes of, 1984: Jan., 119, 120, 121, 123 in swimmers, 1984: Jan., 216

Machines, comparison of with free weights for resistance exercise, 1984: Oct., 805-806

Macrobiotic diet, 1984: July, 726

Magnesium, level of in exercising muscle, 1984: July, 642

"Making weight," for wrestlers, proper diet for, 1984: Jan., 281-282

Malalignment, patellar, arthroscopic surgery for 1985: Apr., 287-288

Mallet finger, 1983: Nov., 625

Mandibular occlusal repositioning appliance (MORA), improvement of strength by, controversy over, 1983: March, 120

Manual Muscle Tester, Nicholas-ISMAT, 1984: Jan., 93, 94

Manual resistive exercise, 1985: Apr., 336 Marathon runners. See also Running. coronary heart disease in, 1984: Apr.,

527-543 female, greater resistance of to glycogen depletion, data pro and con, 1984: Oct., 782-783

sudden death in, 1984: Apr., 536 role of running in, 1984: Apr., 539–540 warning symptoms of, 1984: Apr., 538– 539

Marcaine, for facet joint pain, 1983: March, 211

Maslow's hierarchy of needs, 1984: Apr., 448

Massage therapy, for tendinitis, 1985: Oct., 602

Mats, in gymnastics, positioning of, 1985: Jan., 128

Maxi-Rack, for strength training, 1985: Jan., 147-149

Medial collateral ligament, injury of, 1983: March, 160-161

in gymnast, 1985: Jan., 117

Medial synovial plica syndrome, 1985: Oct., 705-706

Medial tibial syndrome, 1985: Oct., 663

Memory, in learning of motor skills, 1984: Jan., 172-174

Menarche, effect of intensive training on, 1983: Nov., 515-516

in athletes, 1984: Oct., 785, 872-873

Meniscectomy, in anterior cruciate deficient knee, long-term results of, studies of, 1985: Apr., 259–261

partial, 1985: Apr., 271-272

arthroscopic, 1985: Apr., 281-283 total, 1985: Apr., 272

Meniscus, function and pathology of, current concepts of, 1985: Apr., 259–265 injury to, 1983: March, 162–163, 1985:

Apr., 224-225 in child, 1985: Apr., 392-393 in runner, 1985: Oct., 696

overview and treatment philosophy of, 1985: Apr., 209-210

load transmission by, 1985: Apr., 259–262 repair or excision of, rationale for, 1985: Apr., 267–273

surgery of, rehabilitation after, 1985: July, 504-506

tears of, in gymnast, 1985: Jan., 118–119 repair of, 1985: Apr., 263–264, 268–270 arthroscopic, 1985: Apr., 270–271, 283–284

when not to repair, 1985: Apr., 268 testing of, 1983: March, 156 Menopause, 1984: Oct., 873

Menorrhagia, 1984: Oct., 876–877

Menorrhagia, 1984: Oct., 876–877 Menstruation, abnormalities of, in gymnasts, 1985: Jan., 28–29

possible role of nutrition in, 1983: Nov., 545-546

athletic performance during, 1983: Nov., 519; 1984: Oct., 785 changes in, in female athletes, .985: Oct.,

673-675 cramps during, 1983: Nov., 520; 1984:

Oct., 874 dysfunctions of, in athletes, 1983: Nov., 516–519; 1984: July, 665–667,

Oct., 871–872 relation of training intensity and body weight to, 1984: Oct., 785

physiology of, 1984: Oct., 870–871 Mental rehearsal, 1983: March, 96 Membert view of patellofemoral initial

Merchant view, of patellofemoral joint, 1985: Apr., 241-242

Metatarsalgia, 1985: Oct., 720–721 Metatarsophalangeal joint, first, disorders of, 1985: Oct., 719–720

Metatarsus primus varus, 1983: Nov., 499-500

Methylprednisolone (Depo-Medrol), for facet joint pain, 1983: March, 211 in disc disease, 1983: March, 203

Metrorrhagia, 1984: Oct., 877

Microfracture, of spine, in gymnast, 1984: Oct., 843

Minerals, intake of in female athletes, 1984: July, 660, 663–664

vitamins and, effect of on performance, 1984: July, 576-577 supplementation with, effect of on per-

formance, 1984: July, 623–637 in adolescent, 1984: July, 673–674

Minitrampoline, trampoline and, as cause of cervical spine injury, 1985: Jan., 45–60

Mononucleosis, infectious, sports participation of adolescent with, 1984: Jan., 155
 Mood changes, exercise-related, 1985: Oct., 637-638

MORA, improvement of strength by, controversy over, 1983: March, 120

Motor coordination, effects of resistance training on, 1984: Oct., 795

Motor function, normal, 1985: July, 554–555 Motor skills, in skiers, 1984: Jan., 259 learning and performance of, 1984: Jan., 171–183

Mountain sickness, acute, 1985: Oct., 727 Mouth protectors, 1983: March, 118–120 "Movie sign," 1985: Oct., 701

Muscles. See also specific muscle. abdominal, strengthening of, 1985: July, 466

contraction of, mode of, 1983: July, 253 physiology of, 1983: March, 74–75 use of as shock absorber, 1983: March, 79

development of, techniques for, 1983: March, 55–56

endurance of, in fencers, 1984: Jan., 238-239

function of, role of nerves in, 1983: March, 57-58, 75-76

hypertrophy of, fear of, in female athletes pursuing weight training, 1984: Oct., 794–795

injury to, pathophysiology of, 1983: March, 170

of ankle, anatomy of, 1985: July, 530 performance of, isokinetic testing of, 1983: March, 37–53

physiology of, 1984: Apr., 321–322 primary postural, 1985: Apr., 349–350 response of to immobilization, 1985: July,

rupture of, 1983: March, 81–82 storage of energy by, 1983: March, 76–78 strain of. See Strain.

strength of, definition of, 1983: March, 55, 56

fiber typing and, 1984: Jan., 85-100 in ballerinas, 1984: Jan., 201-203 in children, 1984: Jan., 164-165

in fencers, 1984: Jan., 237–238 in skiers, 1984: Jan., 257–259 in swimmers, 1984: Jan., 217–219 in wrestlers, 1984: Jan., 282, 284 manual assessment of, 1984: Jan., 91 strengthening of, 1985: July, 420–422 after injury, 1985: July, 409–410

after injury, 1985: July, 409-410 increasing intensity of exercises for, 1985: July, 422-424

tendon and, structure and physiology of, 1983: March, 72–74

tightness of, as cause of patellofemoral problems, 1984: Oct., 834–835 stretching of, 1985: Apr., 355–356 work done by, 1983: March, 187–188

Muscle fiber, types of, 1984: Jan., 85–86; Apr., 321 characteristics of, 1985: Jan., 173–174

exercise specific for, 1985: Jan., 197– 199

histochemical differences in, 1985: Jan., 189–190

in females compared with males, 1984: Oct., 782

in skiers, 1984: Jan., 259–261 in swimmers, 1984: Jan., 216–217 relation of to athletic performance, 1984: Jan., 88–90

relation of to athletic training and rehabilitation, 1985: Jan., 179–187 ultrastructural differences in, 1985:

Jan., 189-201 Muscle mass, measurement of, 1984: July, 714

Musculoskeletal profiling, for prevention of injury, 1984: Jan., 65–84 in children, 1984: Jan., 157–158

Musculoskeletal system, changes in during pregnancy, 1984: Oct., 881 problems of, in female athletes, 1984: Oct., 809–827

Musculotendinous unit, acute injury of, 1983: March, 167–182

biomechanics of, 1983: March, 71–86 Myocardial aerobic capacity, 1985: Apr., 386–387

Myocardial aerobic impairment, formula for calculating, 1984: Apr., 387

Myocardial infarct scan, 1984: Apr., 422 Myocardial infarction, acute, predischarge in-hospital exercise testing of patients with, 1984: Apr., 382–384

cardiorespiratory fitness in patients with, recommendations for, 1984: Apr., 426-427

counseling of patients after, 1984: Apr., 352–353

early ambulation after, 1984: Apr., 333-

Myocardial infarction (Continued) education of patients after, 1984: Apr., 359

exercise after, early initiation of, 1984: Apr., 351-352

in-patient, effects of, 1984: Apr., 502-503

exercise testing after, 1984: Apr., 409–410 in runner, warning symptoms of, 1984: Apr., 538–539

recurrent, reports of in exercise clinical trials, 1984: Apr., 550-551,

role of emotional stress in, 1984: Apr., 521

role of marathon running, 1984: Apr., 539-540

running by patient after, psychological benefits of, 1984: Apr., 316-517 spontaneous improvement in Vo<sub>2</sub> max

after, 1984: Apr., 503 Myocardial oxygen demand, 1984: Apr.,

327-329, 474-476 Myofilament, contraction of, 1983: March,

73-74 Myositis, tendinitis and, in dancer, 1983:

Nov., 492 Myositis ossificans, 1983: March, 179-180

National Association of College Gymnastics Coaches, 1985: Jan., 14

National Collegiate Athletic Association (NCAA), policy statement of regarding trampoline use, 1985: Jan., 54

role of in gymnastics, 1985: Jan., 12–13 National Diary Council, dietary pattern recommended by, 1984: July, 677–678

National Exercise and Heart Disease Project, 1984: Apr., 313, 547

National Federation of State High School Athletic Associations, role of in gymnastics, 1985: Jan., 13

National governing bodies, responsibilities of, 1983: March, 8

National Gymnastic Catastrophic Injury Registry, 1985: Jan., 55

National Gymnastics Judges Association, 1985: Jan., 14

Nautilus equipment, 1984: Jan., 96; 1985: Jan., 185

for strength building, 1985: Jan., 145 Neck. See also Cervical spine.

low back and, injury of, rehabilitation of, 1985: July, 455-476

upper extremities and, injuries to, in dancers, 1983: Nov., 459-472

Nerves, cervical spinal, anatomy of, 1983: Nov., 461–463

entrapment of, in foot and ankle, of runners, 1985: Oct., 753-763 role of in muscle function, 1983: March, 57–58, 75–76

Nervous system, contribution of to increased muscle performance, 1985: July, 426

Neuritis, acute sciatic, in dancer, 1983: Nov., 496

brachial, and thoracic outlet syndrome, 1983: July, 446

Niacin, effect of on performance, 1984: July, 625-626

physiologic functions of, 1983: March, 106 Norepinephrine, blood level of, effect of exercise on, 1985: Oct., 637

Nuclear cardiology, 1984: Apr., 417–424 Nutrients, daily intake of, in female ath-

letes, 1984: July, 650–653 Nutrition, exercise and, symposium on, 1984: July, 565–751

for adolescent athlete, 1984: July, 671-678 for athletes, 1983: March, 105-114

for female athletes, 1984: July, 649-670;
 Oct., 923-938
 for gymnasts, study of, 1985: Jan., 25-27

for gymnasts, study of, 1985: Jan., 25–2; for ultra-endurance sports, 1984: July, 679–692

for wrestlers, 1984: Jan., 281–282 habits of, in dancers, 1983: Nov., 541–543 in women runners, 1985: Oct., 680–683 inadequate, possible role of in menstrual abnormalities, 1983: Nov., 545–546 postexercise, 1984: July, 580

Ober test, 1985: July, 557; Oct., 660 Obstetric problems, gynecologic problems and, in dancer, 1983: Nov., 515–523

Older athlete, strength training for, 1985: Jan., 144

Olympic Committee, drug regulations of, treatment of asthma and, 1984: Jan., 132

Olympic Games, drugs prohibited in, list of, 1983: March, 15

history of, 1983: March, 183 sports medicine and, symposium on, 1983: March, 1-228

sports medicine as unifying force in, 1983: March, 5-6

One leg hop test, 1984: Jan., 76, 79 Ontario Exercise-Heart Collaboration Study, 1984: Apr., 313-314

Orthostatic stress, importance of to exercise performance, 1984: Apr., 502

Orthotic device, for foot, casting technique for, 1985: Oct., 611-613 for running shoes, problems caused by,

1985: Oct., 668-669 study of, 1985: Oct., 613-617 to treat injuries, 1985: Oct., 611-618 to treat knee pain, 1985: Oct., 691 to treat patellofemoral pain, 1985: Oct., 708

Os calcis, stress fracture of, 1985; Oct., 667 Os trigonum, in dancer, 1983; Nov., 512

Osgood-Schlatter's disease, 1983: March, 172–173, Nov., 601; 1984: Jan., 160, Oct., 838; 1985: Apr., 227–228, 388– 390

Osteoarthritis, degenerative, of knee, arthroscopic surgery for, 1985: Apr., 288– 290

of first metatarsophalangeal joint, in dancer, 1983: Nov., 501-502

Osteochondritis dissecans, arthroscopic evaluation of, 1985: Apr., 276

arthroscopic surgery for, 1985: Apr., 287 juvenile, 1985: Apr., 227

conservative treatment of, 1985: Apr., 371-372

etiology of, 1985: Apr., 370 of knee, 1985: Apr., 367-384 Overhead throw, biomechanics of, 1983:

July, 263–264
Overtraining, role of in sudden death and myocardial infarction, 1984: Apr., 539–

Overuse injuries, electrotherapy for, 1983: July, 388

in baseball, tennis, gymnastics, and swimming, 1983: July, 379-390

in children, 1983: Nov., **595–607** in dancers, risk factors for, 1983: Nov., 474–475, 477–478

of knee, 1985: Apr., 226-227 spine and, in girls' gymnastics, 1984:

Oct., 829-850 of lower extremity, 1983: March, 137-148 of shoulder, 1985: July, 477-480 rehabilitation of, 1985: July, 553-573

Oxygen consumption, maximal. See Vo<sub>2</sub> max.

Pacemakers, fixed-heart rate, exercise training in patients with, 1984: Apr., 485

Pain, degree of, level of severity of tendinitis based on, 1985: Oct., 605–606 effect of on athletic performance, 1985: Oct., 605–606

hip, in runner, 1985: Oct., 658–660 in knee, causes of, 1985: Apr., 308 in shoulder, 1983: March, 123–135 increased susceptibility of females to, 1984: Oct., 816–817

low back. See Low back pain. monitoring of during rehabilitation, 1985: July, 409

patellofemoral. See Patellofemoral pain syndrome.

Pantothenic acid, effect of on performance, 1984: July, 627

physiologic functions of, 1983: March, 106 Para-aminobenzoic acid (PABA), 1983: March, 106–107

Parallel squat, performance of by female athlete, 1984; Oct., 805

Pars interarticularis, defects of, in gymnasts, 1985: Jan., 95-110

fracture of, 1983: March, 203, 206 stress, 1984: Oct., 842, 843 stress lesion of, 1985: Jan., 97-100

Participation, in sports, criteria for return to, 1985: Apr., 228–229

to, 1985: Apr., 228–229 of females, social attitudes affecting, 1984: Oct., 910–911

Pas de deux, development of, 1983: Nov., 466-467

Passive stretching exercises, 1984: Jan., 112 Patella, anatomy and biomechanics of, 1985: Oct., 699-700

bipartite, in child, 1985: Apr., 385–38€, 388

bracing of, 1984: Oct., 813, 840, 841; 1985: July, 444–448, Oct., 708 chondromalacia of, 1985: Jan., 112–116

causes of, 1985: Apr., 253

discomfort of, methods for eliciting, 1985: Apr., 238

dislocation of, 1983: March, 164–165 findings after spontaneous reduction of, 1985: Apr., 235–236

displacement of, effect of on efficiency of the extensor mechanism, 1984: Oct., 835

examination of, 1985: Apr., 297 inferior pole of, lesions of, in child, 1985: Apr., 388

instability of, in female gymnast, 1984: Oct., 837–838

Roux-Elmslie-Trillat procedure for, 1985: Oct., 711–712

malalignment of, arthroscopic surgery for, 1985: Apr., 287-288

malposition of, 1984: Oct., 831–832 painful, in runner, 1985: Oct., 691–692 subluxation of, acute, 1985: Apr., 236–237 in dancer, 1983: Nov., 513

subluxation-dislocation of, 1985: Jan., 116 surgical "shaving" of, 1985: Oct., 712

tendinitis of, in anterior cruciate deficient knee, during rehabilitation, 1985: July, 514–515

in female gymnast, 1984: Oct., 838 tracking of, abnormalities of, long-term sequelae of, 1985: Apr., 253–254 determininants of, 1985: Apr., 248–250

Patella alta, 1985: Oct., 706 radiologic evaluation of, 1985: Apr., 239– 240 Patellar tendon, rupture of, 1983: March, 172

Patellofemoral contact areas, 1985: Apr., 250-251

Patellofemoral joint, dysfunction of, in female athlete, 1984: Oct., 857–861 problems of, in runners, 1985: Oct., 609–

715 rehabilitation of, 1985; Apr., 337, July,

504 sitting examination of, 1985: Apr., 234-

standing examination of, 1985: Apr., 232-

234 supine examination of, 1985; Apr., 235– 239

tangential radiologic views of, 1985: Apr., 240-243

Patellofemoral joint reaction force, 1985: Apr., 251–252

Patellofemoral pain syndrome, 1985: Jan., 112–116

arthroscopy for, 1985: Oct., 710 causes of, 1985: Apr., 252–253, Oct., 702 in female gymnast, 1984: Oct., 835–836 in runners, 1985: Oct., 609–715

Patellofemoral stress syndromes, 1983: March, 138–140

in female athletes, 1984: Oct., 811–812, 814

in young athletes, 1983: Nov., 601-602 Patrick's test, 1985: July, 464

Pectoralis major muscle, clavicular, role of in arm elevation, 1983: July, 257Pelvic inflammatory disease, 1983: Nov.,

520-521

Pelvis, size of, in male and female athletes, 1984: Oct., 767, 770

Perceived exertion, rating of 1984: Apr., 391–392, 427–428

Performance, in sports, factors in, 1984: Jan., 69

discriminant analysis in measurement of, 1984: Jan., 7-8

preparticipation assessment of, development of criteria for, 1984: Jan., 178– 180

speed of, effects of resistance training on, 1984: Oct., 795-796

successful, for females, increasing chances of, 1984: Oct., 903–904 standards for, 1984: Oct., 902–903 testing for, 1983: March, 19–24

Pericoronitis, 1983: March, 117

Peroneal nerve, deep, compression of, 1985: Oct., 756

Peroneal tendon, injuries of, 1983: Nov., 636-637, 639

Personal Attributes Questionnaire, 1984: Oct., 915 Pes anserinus bursitis, 1985: Oct., 705 Phenylbutazone, for patellofemoral pain syndrome, 1985: Oct., 708

for shoulder impingement, 1983: July, 400 Phosphagen system, 1985: Jan., 169, 170 Phosphagen training, 1985: Jan., 19

Physical fitness. See also Cardiorespiratory fitness.

growth of scientific interest in and knowledge of 1984: Apr., 513-515

high level of, presence of cardiovascular disease in person with 1984: Apr., 540 total body, maintenance of during rehabil-

itation, 1985: July, 427–428 Physiology, of dance, 1983: Nov., 525–537

Piriformis syndrome, 1985: July, 474
Pitching, biomechanics of, 1983: July, 261-

263 Pivot shift ablation (PSA) test, 1985: Apr.,

PL 95–606, implications of for sports medicine, 1983: March, 7–11

Plantar fasciitis, 1983: March, 147; Nov., 597-598

taping for, 1983: Nov., 605

Plasma, volume of, changes in during pregnancy, 1984: Oct., 882-884

Plica, synovial, 1984: Oct., 834, 838 assessment of, in female athlete, 1985: Apr., 350-351

lateral, as cause of knee pain, 1985: Oct., 660-661

suprapatellar, 1983: March, 140 Plica syndrome, 1985: Apr., 235 arthroscopic surgery for, 1985: Apr.,

in gymnast, 1985: Jan., 119 Plyometrics, 1985: Jan., 150 "Polypharmacy," 1983: March, 16

Pool running, in rehabilitation, 1985: July, 579–581

Porter-Lawler process model, 1984: Apr., 449, 450

Posterior cruciate ligament, injury of, 1983: March, 162

Posture, testing of, 1985: July, 568-570 Potassium, content of in common foods,

1984: July, 663 depletion of, during heavy exercise, 1984: July, 645-647

level of in exercising muscle, 1984: July, 642

supplementation of, for female athletes, 1984: July, 663

total body, measurement of, 1984: July, 713

Power clean, performance of by female athlete, 1984: Oct., 804-805

Practice sessions, for sports, optimal conditions for, 1984: Jan., 176–177

Prazosin, hemodynamic effects of, 1984: Jan., 148 Predictive value, of test, formula for, 1984: Apr., 400

Pregame meal, 1984: July, 577-578, 674, 685

Pregnancy, employment of mother during, effect of on fetal well-being, 1984: Oct., 889–890

exercise during, 1984: Oct., 881-894 in athlete, 1983: Nov., 519

metabolic changes during, 1984: Oct., 881-882

musculoskeletal changes during, 1984: Oct., 881

nutrition during, 1984: Oct., 925-927 plasma volume changes during, 1984: Oct., 882-884

running during, 1985: Oct., 678–680 Prehabilitation, 1985: July, 575–585 of cervical spine, 1985: July, 458–460

of lumbar spine, 1985: July, 465–468 Premenstrual syndrome, 1983: Nov., 521; 1984: Oct., 874

athletic performance and, 1984: Oct., 923-924

Preparticipation testing, of sports performance, development of criteria for, 1984: Jan., 178–180

Press-up test, 1985: July, 560, 562 Primary postural muscles, 1985: Apr., 349-350

Profiling, cardiovascular, 1984: Jan., 11–29 in sports, limitations of, 1984: Jan., 8 symposium on, 1984: Jan., 1–294 use of to prevent injury, 1984: Jan., 66–68.

value of, 1984: Jan., 3-9

of children, for sports participation, 1984: Jan., 153-169

of fencers, 1984: Jan., 231-244

of hypertensive patients, 1984: Jan., 137-152

of professional ballerinas, 1984: Jan., 199-209

of professional football players, 1984: Jan., 185-197

of skiers, 1984: Jan., 245-271

of swimmers, 1984: Jan., 211-229 of wrestlers, 1984: Jan., 273-289

Progesterone challenge test, 1983: Nov., 518-519

Progressive resistance exercise, 1984: Jan., 95; Oct., 797

Proprioception, function of, during rehabilitation, 1985: July, 426

training in, after knee injury, 1985: July, 516

in athletes with chronic ankle sprains, 1985: July, 543

Proprioceptive neuromuscular facilitation, 1984: Jan., 113; 1985: Apr., 360 Prosthesis, for knee ligaments, 1985: Apr., 213

Protective equipment, in gymnastics, 1985: Jan., 128

Protein, intake of during training, 1984: July, 571

requirements for, in athletes, 1984: July, 595-604

in female athletes, 1984: July, 655-657 Proteoglycans, 1983: July, 274

Pseudoboutonniere deformity, 1983: Nov., 612–613

Pseudovitamins, 1983: March, 106–107 Psychology, sports. See Sports psychology. Pulmonary profiling, 1984: Jan., 119–136 Pyridoxine, effect of on performance, 1984: Iulv. 626

Q angle, abnormalitiy of, 1984: Oct., 834 increased, 1985: Oct., 706 measurement of, 1984: Oct., 833 size of in women, effect of on running efficiency, 1984: Oct., 783 Q wave, septal, analysis of in exercise test-

ing, 1984: Apr., 403

QT interval, measurement of in exercise test, 1984: Apr., 403

Quadriceps, contusion of, 1983: March, 178 exercises for, 1985: Oct., 709 flexibility of, testing of, 1984: Jan., 108,

painful, in runner, 1985: Oct., 695-696 strain of, 1983: March, 171-172 strengthening exercises for, 1984: Oct.,

838-839 tendinitis of, in female gymnast, 1984:

Oct., 838 Quadriceps test, 1985: July, 558, 560

R wave, analysis of in exercise testing, 1984: Apr., 402–403

amplitude of, changes in after exercise, 1984: Apr., 390

Radiculitis, cervical, 1983: March, 131-132 Radiography, in low back pain, 1985: July,

in patellofemoral syndrome, 1985: Oct., 703–704

in shoulder pain, 1983: March, 124 of ankle, 1983: March, 221; 1985: July, 533

of arm, use of in body composition analysis, 1984: Jan., 43, 46-50

of cervical spine, 1985: July, 457-458 of knee, 1983: March, 157-158; 1985: Apr., 303 Radiography (Continued)

of shoulder instability, 1983: July, 322-323

preliminary, for shoulder arthrography, 1983: July, 293

visualization of rotator cuff tears on, 1983: July, 298-299

Rating of perceived exertion, 1984: Apr., 391-392, 427-428 Rectus abdominis, strain of, 1983: March

Rectus abdominis, strain of, 1983: March, 175

Rectus femoris, strain of, 1983: March, 171-172

Reflex, muscular, physiology of, 1983: March, 75-76

Reflex sympathetic dystrophy, 1983: July, 447

Rehabilitation, after musculoskeletal injury, 1985: Jan., 182–183

beginning and ending of, 1985: July, 406-407

cardiac. See Cardiac rehabilitation. erroneous concepts in, 1985: July, 407– 408

guidelines for, 1985: July, 405-416 modalities for, efficacy of, 1985: July,

411-413 of ankle, 1985: July, 527-544

of knee, 1985: Apr., 333–343, July, 495– 511

philosophy of, 1985: Apr., 214 of shoulder, 1985: July, 477-493

in gymnast, 1985: Jan., 63, 65 psychologic aspects of, 1985: July, 408, 426–427, 545–551

symposium on, 1985: July, 465-589 use of physical agents in, 1985: July, 431-

Relaxation techniques, for athletes, 1983: March, 94-96

Remobilization, after injury, 1985: July, 419–420

Renin-angiotensin system inhibitors, hemodynamic effects of, 1984: Jan., 149

Resistance training, 1983: March, 55–69 different response of males and females to, 1984: Jan., 223

for children, 1985: Jan., 142

for women, 1984: Oct., 791-808; 1985: Jan., 142, 144

return to after injury, 1985: Jan., 156-157 Respiratory center, control of breathing by,

1985: Jan., 123-124 Rest, in treatment of athletic injuries, 1983: July, 278

Retinol, effect of on performance, 1984: July, 624

Retropatellar pain, in female athletes, 1984: Oct., 811–812, 814 Rhomboid muscles, overuse injury of, 1983: July, 385

Rhythmic gymnastics, 1985: Jan., 10-11

Rhythmic isotonic exercise tests, 1984: Apr., 376

Rib, first, removal of, in thoracic outlet syndrome, 1983: July, 450-451

Riboflavin, effect of on performance, 1984: July, 625

physiologic functions of, 1983: March, 106 Ringman's shoulder, 1983: July, 382–383

Rotator cuff, impingement of, stages of injury in, 1983: July, 407-408

injury to, serious, 1983: July, 407-412 stretching exercises for, 1983: July, 414-415, 416, 417

surgery for, 1983: July, 408–409 muscles of, role of in arm elevation, 1983: July, 258

july, 258 selective testing of, 1983: July, 285, 287 strengthening of, 1983: July, 416–419 rupture of, care of, historical development

of, 1983: July, 238

tear of, acute, 1983: March, 129 arthrography of, problems in interpretation of, 1983: July, 301–302

attritional, 1983: March, 130 complete, 1983: July, 398

arthrography of, 1983: July, 299–300 treatment of, 1983: July, 402–403

dislocation and, 1983: July, 327 partial, arthrography of, 1983: July, 300 rehabilitation after surgery for, 1983: July, 419–420

visualization of on preliminary radiographs, 1983: July, 298–299

Roux-Elmslie-Trillat procedure, for unstable patella, 1985: Oct., 711-712

Runners, adolescent, 1985: Oct., 641–655 cardiovascular testing of, 1985: Oct., 629 environmental problems of, 1985: Oct., 725–735

female, health concerns of, 1985: Oct., 671-684

forefoot and toenail disorders in, 1985: Oct., 717–723

heat disorders in, 1985: Oct., 730 injury in, of knee, 1985: Oct., 685-698 orthotic devices for, 1985: Oct., 611-618

prevention of, 1985: Oct., 669–670 myocardial infarction in, warning symptoms of, 1984: Jan., 538–539

nerve entrapment of foot and ankle in, 1985: Oct., 753-763

overuse syndromes, in 1983: March, 137-148

patellofemoral joint problems in, 1985: Oct., 699-715 problems of, end-stage, 1985: Oct., 657-670

stress fractures in, 1985: Oct., 737-750 tendinitis in, 1985: Oct., 593-609

Running, as conditioning activity, 1985: July, 581, 583

cardiovascular aspects of, 1985: Oct., 627-640

commitment to, levels of, 1985: Oct., 685-686

distance. See also Marathon runners. cardiac rehabilitation and, 1984: Apr., 513–526

effect of, on heart size, 1984: Apr., 519; 1985: Oct., 629–632

on lipoprotein levels, 1984: Apr., 521-522

efficiency of, in women, body structural factors affecting, 1984: Oct., 783–784 energy supply for, 1985: Oct., 627–628 in swimming pool, for rehabilitation,

1985: July, 579–581

long-term effects of, 1985: Oct., 696, 698 pattern of females compared with males, 1984: Oct., 772

return to, after giving birth, 1985: Oct., 679

strength training for, 1985: Jan., 154–155 symposium on, 1985: Oct., 591–796

Running shoes, importance of in examination of runner, 1985: Oct., 657 performance of, biomechanics of, 1985:

Oct., **619–626** shock absorption of, study of, *1985*: Oct., 620–621

results of, 1985: Oct., 621, 623 "Russian" electrical stimulator, 1985: July,

SAID principle, 1985: July, 405 Salicylates, for inflammation, 1984: Oct., 840

for patellofemoral pain syndrome, 1985: Oct., 707-708

for tendinitis, 1985: Oct., 600-601 Scapula, role of in passive mobility of shoul-

der, 1983: July, 248 symptomatic bursa about, in dancer, 1983: Nov., 468–469

Scarsdale diet, 1984: July, 725-726

Sciatic nerve, injury of, in dancer, 1983: Nov., 496

Sciatica, 1985: July, 472-474

1984: Jan., 156

Scintigraphy, of joint, role of in osteochondritis dissecans, 1985: Apr., 376

"Second wind," 1984: July, 611 Seizures, sports participation of child with, Self-confidence, of females, in sports, 1984: Oct., 895–908

Septal Q wave, analysis of in exercise testing, 1984: Apr., 403

Serratus anterior, spontaneous paralysis of, in dancer, 1983: Nov., 470

Serum lipids, levels of, effects of exercise training on, 1984: Apr. 477, 480–481

Sesamoid, stress fracture of, 1985: Oct., 668 Sex testing, at Olympic Games, 1983: March, 16–17

Sexual activity, return to following coronary artery disease, 1984: Apr., 361 Shin splints, 1983: March, 143–144; 1985:

Oct., 662 in female athlete, 1984: Oct., 862–863 in young athlete, 1983; Nov., 508, 509

in young athlete, 1983: Nov., 598-599 Shober test, 1983: March, 213

Shoe, running. See Running shoe. Shoulder. See also specific structures.

shoulder. See also specific structures. anatomy of, 1983: July, 292–293, 319–320 arthrography of, 1963: July, 291–308 arthroplasty of, historical development of,

1983: July, 237 arthroscopy of, 1983: July, 309-318

assessment of, 1983: July, 281–289 capsule of, role of in passive stability, 1983: July, 249–250

care of, historical development of, 1983: July, 231-240

dislocation of. See Dislocation, of shoulder.

elbow and, preparticipation examination of, in child, 1984: Jan., 161–162 examination of, in musculoskeletal profile,

examination of, in musculoskeletal profile, 1984: Jan., 80 flexibility of, testing of, 1984: Jan., 107

fracture of, care of, historical development of, 1983: July, 236 dislocation and, 1983: July, 326

impingement syndrome of, 1983: July, 391–405; 1985: July, 478–479 in dancer, 1983: Nov., 467

in female athlete, 1984: Oct., 816-817 surgery for, 1983: July, 401-403

injuries to, epidemiology of, 1983: July, 241-246

in swimmer, 1984: Jan., 223–224 symposium on, 1983: July, 229–456 instability of, anterior, 1983: July, 319–338 classification of, 1983: July, 320 subdification of, 1983: July, 329

classification of, 1983: July, 320 multidirectional, 1983: July, 352–353, 355–368

therapy for, 1983: July, 420–421 motion of, in gymnastics, 1983: July, 380– 381

muscles of, 1983: July, 252 angle of pull of, 1993: July, 253–254 strains of, in gymnasts, 1985: Jan., 61– 62 Shoulder (Continued)

pain in, 1983: March, 123-135

increased susceptibility of females to, 1984: Oct., 816–817

problems of, history of patient with, 1983: July, 282-284

in adolescents, 1983: July, 423-427 rehabilitation of, 1985: July, 477-493

in gymnast, 1985: Jan., 63, 65 special properties of living tissue affecting, 1983: July, 271–280

stability of, determination of, 1983: July, 288

structures responsible for, 1983: July, 341-342

subluxation of, 1983: July, 339-354 anterior, surgery for, 1983: July, 350-

351 arthroscopy in, 1983: July, 347–349 causes of, 1983: July, 340–341

exercises for, 1983: July, 349-350 in female athlete, 1984: Oct., 816, 818,

posterior, idiopathic, 1983: July, 384–385

surgery for, 1983: July, 351-352 recurrent, 1983: March, 132 rehabilitation of, 1985: July, 492 testing for, 1983: July, 343-345

tendinitis of, 1985: July, 478–479 in gymnast, 1985: Jan., 62–63

thoracic outlet syndrome and, 1983: July, 439–452

vascular pattern of, 1983: July, 393 Sickle cell anemia, sports participation of child with, 1984: Jan., 155

Siri equation, simplified, 1984: Jan., 38 Ski bra, for handicapped skier, 1982: July,

Skier, profiling of, 1984: Jan., 245–271 injuries in, of shoulder, 1983: July, 245

Skinfold fatness, levels of, in male and female athletes, 1984: Oct., 763, 766 measurement of, 1984: July, 715, 718

Snapping hip, in dancer, 1983: Nov., 495 Soccer, adhesive strapping of players, 1985: July, 443

performance factors in, discriminant analysis of, 1984: Jan., 7

Socialization, for sports activities, differences between males and females, 1984: Oct., 900–901

Sodium, depletion of, during heavy exercise, 1984: July, 645–647 supplementation of, for female athletes,

1984: July, 662–663 Sodium bicarbonate, use of to delay fatigue, 1984: July, 738–739

Soft knee immobilizer, 1985: July, 446, 447, 448

Soft tissue, response of to injury, 1985: July, 418

Soleus test, 1985: July, 560

Somatogram, 1984: Jan., 58-60, 61; Oct., 759-762

of female and male athletes, 1984: Oct., 770-771

Somatotype, 1984: Oct., 759

of athletes compared with nonathletes, 1984: Oct., 770

of gymnasts, 1985: Jan., 20-21 of wrestler, 1984: Jan., 275, 276

Somatotropin, use of to stimulate muscle growth, 1984: July, 746

Somatotyping, Heath-Carter, of swimmers, 1984: Jan., 221-222

Specificity, of exercise, 1985: July, 424–425
Speed, of athletic performance, effects of resistance training on, 1984: Oct., 795–796

Speed's test, 1983: July, 288

Spindle muscle reflex, 1983: March, 75-76 Spine, cervical. See Cervical spine.

examination of, in musculoskeletal profile, 1984: Jan., 79–80

in child, 1984: Jan., 158-159 flexibility tests for, 1985: July, 560, 562

injury to, in female gymnast, clinical findings in, 1984: Oct., 843–844 treatment of, 1984: Oct., 844, 846–

lumbar, fracture of, 1983: March, 212; 1985: July, 470–471

muscles of, strains of, in dancers, 1983: Nov., 508-509

prehabilitation of, 1985: July, 465–468 lumbosacral, sprain of, chronic, 1983: March, 197–203

microfracture of, in gymnast, 1984: Oct., 843

stenosis of, as cause of hip pain in runner, 1985: Oct., 658, 660

Spondyloarthropathy, seronegative, 1983: March, 212–213

Spondylolisthesis, 1983: March, 208–210 in gymnast, 1985: Jan., 104–108

Spondylolysis, in dancer, 1983: Nov., 480– 482

in gymnast, 1985: Jan., 86–89, 100–103 isthmic, 1983: March, 203, 206 spondylolisthesis and, 1985: July, 471–47

spondylolisthesis and, 1985: July, 471–472Sport Competition Anxiety Test, 1984: Oct., 915

Sports, classification of, 1984: Jan., 5 participation in, criteria for return to, 1985: Apr., 228–229

of females, social attitudes affecting, 1984: Oct., 910–911

performance in. See Performance, in sports.

Sports (Continued)

sex-role appropriateness of, perceptions of, 1984: Oct., 897-898

socialization process for, differences between males and females, 1984: Oct., 900–901

specific, characteristics required for success in, testing of, 1983: March, 19-24

Sports Biomechanics Laboratory of United States Olympic Complex, evaluation techniques of, 1983: March, 32–35

Sports medicine, in Olympic Games, symposium on, 1983: March, 1-228

Sports psychology, 1984: Jan., 284–285 credential standards for personnel in, 1983: March, 91–92

elite athlete and, 1983: March, 87–99 for female athlete, 1984: Oct., 909–921 in evaluation of athletes, 1984: Oct., 915– 916

in rehabilitation, 1985: July, 408, 426-427, 545-551

in U.S.S.R. and East Germany, 1983: March, 88

U.S.O.C. workshop on, 1983: March, 90–92 Sprain(s), cervical, 1985: July, 460–462 lumbosacral, chronic, 1983: March, 197– 203

of ankle, 1983: March, 217-224; 1984: Oct., 818-819

in dancer, 1983: Nov., 509 of back, 1983: March, 192, 194

of knee, in gymnast, 1985: Jan., 116–118, 120–121

rehabilitation after, 1985: Apr., 339–340 strains and, in adolescent runners, 1985: Oct., 650–651

of cervical spine, 1985: July, 460-462 of low back, 1985: July, 468-470

Square dancing, physical demands of, 1983: Nov., 526

"Squinting" patellae, 1985: Apr., 233 ST-T depression, during exercise testing, 1984: Apr., 388–389, 396–397, 400

ST-T elevation, during exercise testing, 1984: Apr., 402

Starch, as fuel for exercise, 1984: July, 734 Starvation, effects of, 1983: Nov., 551 Starvation diets, 1984: July, 727

Static exercise, 1984: Apr., 320–321 usefulness of in rehabilitation, 1985: July,

Sternoclavicular joint, dislocation of, 1983: July, 435–437

in adolescent, 1983: July, 426
Steroids, anabolic, 1984: July, 702, 743–748
for athletic injuries, 1983: July, 279
for shoulder impingement, 1983: July, 400
for tendinitis, 1983: March, 127
intra-articular injection of deleterious ef-

intra-articular injection of, deleterious effects of, 1985: Oct., 710

"Stinger" injury, 1985: July, 462–463

"Stork" test, 1985: Apr., 354, July, 570 Strain(s), cervical, 1985: July, 460–462

iliopsoas, 1983: March, 175
 in dancer, cervical, 1983: Nov., 469
 of hip adductors, 1983: Nov., 491–492
 of lumbar muscles, 1983: Nov., 508–509

upper back, 1983: Nov., 479 musculotendinous, 1983: March, 168–171

of back, 1983: March, 192, 194 of gastroenemius-soleus, 1983: March, 175 of hamstrings, 1983: March, 174–175

of hip adductor, 1983: March, 173, Nov., 491–492

of muscle, 1983: March, 80–81 of quadriceps, 1983: March, 171–172 of rectus femoris, 1983: March, 171–172 sprains and, in adolescent runners, 1985: Oct., 650–651

of cervical spine, 1985: July, 460-462 of low back, 1985: July, 468-470

Strain gauge dynamometer, 1984: Jan., 92 Strength. See also Muscle, strength of. in athletics, definition of, 1985: Jan., 141

measurement of, during knee rehabilitation, 1985: July, 517–518 in dancer, 1983: Nov., 534–535

methods of, 1983: Nov., 534 of females compared with males, 1984:

Oct., 771–772 potential of female athletes for development of, 1984: Oct., 792–793

testing of, in women, 1984: Oct., 798, 800

Strength profile, use of, 1984: Jan., 93, 95Strength training, 1985: Jan., 146–149, July, 420–422

after injury, 1985: July, 409-410 "crossover," 1985: July, 584

equipment for, advantages of one type over another unproved, 1984: Jan., 96-97

for basketball, 1285: Jan., 152 for field events, 1985: Jan., 155 for football, 1985: Jan., 152–153

for gymnastics, 1985: Jan., 19-20, 153

for older athletes, 1985: Jan., 144 for running, 1985: Jan., 154–155

for swimming, 1985: Jan., 154–155

for weightlifting, 1985: Jan., 155-156 for wrestling, 1985: Jan., 156

in rehabilitation of female athlete, 1985: Apr., 362

in outpatient cardiac rehabilitation, 1984: Apr., 435

increasing intensity of exercises for, 1985: July, 422–424

methods of, 1985: Jan., 141-142, 159-167, 183-186

of cervical spine, exercises for, 1985; July, 458-459

Strength training (Continued)
protein metabolism during, 1984: July,

597-598

Stress, emotional, in athletes, management of, 1983: March, 93–96 role of in myocardial infarction, 1984:

Apr., 521

response of nonliving materials to, 1983: July, 272-273

Stress fracture, diagnosis of, 1985: Oct., 739, 743, 747

in adolescent runners, 1985: Oct., 647-648

in child, 1983: Nov., \$87, 599-600

in dancer, 1983: Nov., 512–513 effect of nutrients on, 1983: Nov., 545 hypoestrogenemia as possible cause of, 1983: Nov., 545

of hip, 1983: Nov., 490

in female athlete, 1984: Oct., 822-824, 863-864

in runners, 1985: Oct., 737-750

of femoral neck or proximal femur, 1985: Oct., 658

of lower leg, 1983: March, 144-145

of os calcis, 1985: Oct., 667

of pars interarticularis, 1984: Oct., 842, 843; 1985: Jan., 98–99, 100, 101

of sesamoid, 1985: Oct., 668

of talus, 1985: Oct., 667

of tibia, proximal, 1985: Oct., 662 runners at risk of, 1985: Oct., 737–738 treatment of, 1985: Oct., 749–750

types of, 1985: Oct., 737

Stress test. See Exercise testing. Stress urinary incontinence, in female, 1983:

Nov., 521; 1984: Oct., 875 Stretching, of tight muscles, 1985; Apr., 355-356

Stretching exercises, for warm-up, 1985: Jan., 140–141

Stroke volume, during running, 1985: Oct.,

628 Structural problems, mechanical problems and, in adolescent runners, 1985: Oct.,

649–650 Stryker notch view, 1983: July, 345, 347 Subluxation, of patella, 1985: Jan., 116

> acute, 1985: Apr., 236-237 in dancer, 1983: Nov., 513

of shoulder. See Shoulder, subluxation of. Subscapularis muscle, strengthening of,

1983: July, 419 Subcapularis tendon, role of in passive stability of shoulder, 1983: July, 251

Sucrose, as fuel for exercise, 1984: July, 734 Sudden death, in marathon runners, 1984:

Apr., 536 role of running in, 1984: Apr., 539-540 warning symptoms of, 1984: Apr., 538-539 in runners, cardiac disease as cause of, 1985: Oct., 633-634

in young competitive athletes, common causes of, 1985: Oct., 632

Supraspinatus muscle, role of in arm elevation, 1983: July, 257 strengthening exercise for, 1983: July,

416, 418, 419

Supraspinatus tendon, chronic noncalcific tendinitis of, 1983: March, 125–126

Sweat, nutrient composition of, 1984: July, 640–641

Swimmers, female, increased susceptibility of to shoulder pain, 1984: Oct., 816– 817

shoulder injuries in, 1983: July, 242–243 strength training for, 1985: Jan., 153–154 profiling of, 1984: Jan., 211–229

Swimming, biomechanics of, 1983: July, 265–267

performance in, equation for predicting, 1984: Jan., 225

shoulder motion in, 1983: July, 381 strokes in, mechanics of, 1984: Jan., 211– 213

Synovectomy, of knee, arthroscopic, 1983: Apr., 285-286

Synovial plica. See *Plica*, synovial. Synovitis, of knee, 1985: Oct., 704-705

postoperative, in female athletes, 1984: Oct., 815

Synovium, abnormalities of, arthrography of, 1983: July, 304–305

Talus, stress fracture of, 1985: Oct., 667 Tampon, use of, toxic shock syndrome and,

1984: Oct., 876

Taping, for plantar fasciitis, 1983: Nov., 605knee braces and, 1985: July, 439–454of ankle, 1984: Oct., 819, 820

Tarsal tunnel syndrome, 1985: Oct., 665, 667

of medial plantar nerve, 1985: Oct., 758-761

resulting from compression by os trigonum, 1985: Oct., 756-758

Team physician, educational responsibilities of, 1984: July, 675-676

Teeth, problems with, in athletes, 1983: March, 115-122

trauma to, 1983: March, 117-118 Tendinitis, Achilles, 1983: March, 145-147;

Nov., 598 in dancer, 1983: Nov., 509

analysis and treatment of, for running, 1985: Oct., 593-609

bicipital, 1983: March, 125, 131 physical therapy for, 1983: July, 421 causes of, 1985: Oct., 594 classification of, degree of pain as basis for, 1985; Oct., 605-606

drug treatment of, 1985: Oct., 600-601 iliotibial tract, 1983: March, 140-141 in adolescent runners, 1985: Oct., 650

in runners, 1985: Oct., 593-609

myositis and, in dancer, 1983: Nov., 492 of flexor hallucis longus, in dancer, 1983: Nov., 510-511

of foot, in dancer, 1983: Nov., 510-511 of infrapatellar tendon, 1985: Oct., 705

of knee, in gymnast, 1985: Jan., 120–121 of quadriceps, in female gymnast, 1984: Oct., 838

of shoulder, 1985: July, 478-479 chronic, 1983: March, 125-127 in gymnast, 1985: Jan., 62-63

patellar, chronic, 1983: March, 172 in anterior cruciate deficient knee during rehabilitation, 1985: July, 514– 515

in female gymnast, 1984: Oct., 838 popliteal, 1983: March, 141–142; 1985: Oct., 661–662

semimembranosus, 1983: March, 142-143 steroids for, 1983: March, 127

surgery for, 1985: Oct., 602–603
Tendon. See also specific tendon.

cast immobilization of, undesirable effects of, 1985: Oct., 600

effects of activity and inactivity on, experimental studies of, 1985: Oct., 603 healing of, 1985: Oct., 597-599

muscle and, structure and physiology of, 1983: March, 72-74

scar tissue in, 1983: March, 73 strain of, failure point of, 1985: Oct., 597 tensile strength of, 1985: Oct., 596

Tennis, biomechanics of, 1983: July, 264 performance factors in, 1984: Jan., 69 shoulder injury in, 1983: July, 244–245 shoulder motion in, 1983: July, 380

"Tennis leg," 1985: Oct., 665 TENS, 1985: July, 436, 503

for impingement syndrome, 1983: July, 400

for tendinitis, 1985: Oct., 602

Teratism, hyperthermia and, 1984: Oct., 884

Teres minor muscle, infraspinatus muscle and, strengthening of, 1983: July, 419 Test, sensitivity of, formula for, 1984: Apr.,

399 Testosterone, possibility of banning from Olympics, 1983: March, 16

Texas Social Behavior Inventory, 1984: Oct., 915–916

Thallium perfusion scan, 1984: Apr., 417-421

"Theater sign," 1985: Oct., 701

Therapeutic modalities, classification of, 1985: July, 432–433

efficacy of, 1985: July, 411-413

Thermoregulation, during exercise, 1985: Oct., 729-731

Thiamine, effect of on performance, 1984: July, 624–625 physiologic functions of, 1983: March, 106

Thomas test, 1985: July, 557
Thorseic outlet, anatomy of 1983: July

Thoracic outlet, anatomy of, 1983: July, 439-441

conditions of, in dancers, 1983: Nov., 469 Thoracic outlet syndrome, 1983: July, 439– 452

exercises for, 1983: July, 448–450 in female athletes, 1984: Oct., 852–854 surgery for, 1983: July, 450–451

Thorstensson test, 1984: Jan., 249 Throwing, overuse injuries in, 1983: July,

381-384 shoulder impingement in, 1983: July, 393-394

Thumb, injury to, 1983: Nov., 613-615 Tibia, proximal, stress fracture of, 1985: Oct., 662

tubercle of, avulsion of, 1983: March, 172 tuberosity of, fracture of, in child, 1985: Apr., 390, 392

Tibial tendon, anterior, injury of, 1983: Nov., 639

posterior, injury of, 1983: Nov., 639-640 Tissue, living, special properties of affecting the shoulder, 1983: July, 271-280

Title IX rule, 1984: Oct., 809 Toe(s), great. See Hallux.

lesser, disorders of, in runners, 1985: Oct., 720

Toenail(s), forefoot and, problems of in runners, 1985: Oct., 717-723 ingrown, 1985: Oct., 722-723

in dancer, 1983: Nov., 503 Tomography, double-contrast arthrography and, of glenoid labrum, 1983: July, 297–298

of shoulder, 1983: July, 294-295

Toxic shock syndrome, use of tampon and, 1984: Oct., 876

Traction epiphyses, effect of running on, 1985: Oct., 645

Trainer, viewpoint of, in women's athletics, 1984: Oct., 851-868

Training, adaptation of adipose tissue to, 1984: July, 607-609

contribution of to weight loss, 1984: July, 698

degree of, effect of on fat oxidation during exercise, 1984: July, 611-612

devices for, dynamic, 1985: July, 500–501 isokinetic, 1985: July, 501, 503 variable resistance, 1985: July, 501 dynamic, 1985: Apr., 335 Training (Continued)

effects of, on cardiovascular system, 1984: Jan., 14–15

on fuel used during exercise, 1984: July, 591

on improvement of Vo<sub>2</sub> max in females, 1984: Oct., 784-785

for alpine skiing, 1984: Jan., 268

for cross-country skiing, 1984: Jan., 267-268

for gymnasts, optimal, 1985: Jan., 18–19 for ultra-endurance events, 1984: July, 686–687

linking of with profiling, 1984: Jan., 8-9 necessity of specificity in, 1984: Oct., 796-797

of pregnant athlete, effects of, 1984: Oct., 885–886

of ventilatory muscles, in chronic obstructive pulmonary disease, 1984: Jan., 135 program for, results of, 1985: Jan., 175–176

selection of, 1985: Jan., 174, 175 proprioceptive, after knee injury, 1985:

July, 516

resistance, 1983: March, 55-69 for women, 1984: Oct., 791-808

strength. See Strength training, to improve lung and ventilatory muscle performance, 1984: Jan., 128–129

Training cycles, establishment of for optimal performance, 1983: March, 24–25, 30

Trampoline, history of, 1985: Jan., 45–46 minitrampoline and, as cause of cervical spine injury, 1985: Jan., 45–60

policy statements regarding use of, 1985: Jan., 54–58

safety standards for, 1985: Jan., 46 Transcutaneous electrical nerve stimulation. See TENS.

Trauma. See Injury.

Treadmill exercise test. See Exercise testing. Triglycerides, effects of exercise on, 1984: Apr., 480

Trunk, flexibility of, testing of, 1984: Jan., 109-110, 111

Tryouts, for sports, development of tests used in, 1984: Jan., 178-180

Tumors, of axial skeleton, in gymnast with back pain, 1985: Jan., 92

Turnout, in dancer, development of, 1983: Nov., 485–490

Type A personality, as risk factor for coronary artery disease, 1984: Apr., 360 effect of exercise on, 1985: Oct., 636

U wave inversion, in exercise test, 1984: Apr., 403

Ultra-endurance sports, nutrition for, 1984: July, 679-692 Ultrasound, in subcutaneous fat measurement, 1984: Jan., 43, 44-45

therapeutic use of, 1985: July, 437 for inflammation, 1984: Oct., 840 for tendinitis, 1985: Oct., 601–602

Uneven parallel bars, 1985: Jan., 32–33
United States Association of Independent
Gymnastics Clubs, 1985: Jan., 11–12

United States Gymnastics Federation, founding of, 1985: Jan., 7–9

United States Olympic Committee (U.S.O.C.), Committee on Dental Health, 1983: March, 115–116

Handicapped in Sports Committee of, 1983: March, 185–187

objectives of, 1983: March, 189–190 Sports Medicine Division of, structure of, 1983: March, 9–11

Universal exercise equipment, 1984: Jan., 96

for strength building, 1985: Jan., 144–145 Urinary incontinence, stress, in female, 1983: Nov., 521; 1984: Oct., 875

Vaginitis, 1983: Nov., 520; 1984: Oct., 876 Valleix phenomenon, 1985: Oct., 665 Variable resistance exercise, 1985: Jan.,

163–164 compared with isometric, 1985: Jan., 166 compared with isotonic, 1985: Jan., 165

devices for, 1985: July, 501 Vasodilators, hemodynamic effects of, 1984: Jan., 147–148

Vasospastic angina, 1984: Apr., 408
Vastus medialis obliquus, assessment of, in female athlete, 1985: Apr., 351–352
insufficiency of, 1985: Oct., 706–707
lack of normal development of, 1984:

Oct., 831 role of in knee stability, 1985: Apr., 348-

strengthening exercises for, 1984: Oct.,

Vastus medialis obliquus test, 1985: July, 564, 567

Vault runways, in gymnastics, proper safety conditions for, 1985: Jan., 127

Vaulting, 1985: Jan., 32 Ventilation, control of, 1984: Jan., 123–124

exercise and, 1984: Jan., 124–128 maximal voluntary, 1984: Jan., 127–128

Ventilatory muscles, training of, in chronic obstructive pulmonary disease, 1984: Jan., 135

to improve performance of, 1984: Jan., 128-129

Ventricular aneurysmectomy, endocardial resection and, effect of on response to cardiac rehabilitation, 1984: Apr., 484 Vertebra, blood supply of, 1983: Nov., 463-464

Vertebral body fracture, in gymnast, 1985: Jan., 89-90

Vitamin B<sub>15</sub>, 1983: March, 107

Vitamin P, 1983: March, 107

Vitamins, definition of, 1983: March, 106 intal of, in female athletes, 1984: July, 657–659, 660

minerals and, effect of on performance, 1984: July, 576–577

supplements of, effectiveness of for athletes, 1984: July, 623-637 in adolescent, 1984: July, 673-674

Vo<sub>2</sub> max, 1984: Jan., 11–14; Apr., 322–323 average values of, 1984: Apr., 386 effect of exercise on, 1984: Apr., 324–327 estimation of from heart rate, 1984: Jan., 19

formula for, 1985: Jan., 173

improvement in, after aerobic dance training, 1983: Nov., 528–529, 530– 531

postconditioning, in cardiac patients, 1984: Apr., 472–474, 494–495 relation of frequency and duration of training to, 1984: Apr., 498– 499

relation of intensity of training to, 1984: Apr., 495, 498 summary of studies of, 1984: Apr.,

496-497 ontaneous, after myocardial infarc-

spontaneous, after myocardial infaretion, 1984: Apr., 503

in child, improvement of with exercise, 1985: Oct., 643

in cross-country skier, 1984: Jan., 248, 252, 253

in dancers, 1983: Nov., 527–528 improvement in, 1983: Nov., 529–531 in females, compared with males, 1984: Oct., 780–781

effects of training on, 1984: Oct., 784-785

limiting factors in, 1984: Jan., 12–13 measurement of in exercise testing, 1984: Apr., 373

normal values for, 1984: Jan., 23, 25 predictions of, from treadmill exercise test, 1984: Jan., 19 Volleyball, shoulder injuries in, 1983: July,

245

Warm-up, athletic, 1985: Jan., 137–141 for prevention of impingement in shoulder, 1983: July, 398–399 of cervical spine, exercises for, 1985: July, 459–460 Water, electrolytes and, requirements for during exercise, 1984: July, 639-648 intake of, during competition, 1984: July, 578

> during exercise, guidelines for, 1984: July, 739

during training, 1984: July, 574-576 requirements for, in female athletes, 1984: July, 664

role of in body composition, 1984: July, 708

total body, measurement of, 1984: July, 713

Weight, control of. See also *Diet*. in athletes, 1984: July, **693–704** nutritional problems in, 1984: July, 577

increase of, diet for, in female athletes, 1984: July, 654

for sports participation, 1984: July, 701-703

loss of, diet for, in athlete, 1984: July, 698 in female athlete, 1984: July, 654 in wrestlers, 1984: Jan., 281–282, July, 696–697, 700–701

excessive, 1984: July, 698, 700-701 effects of, 1985: Jan., 27-28 in dancers, 1983: Nov., 543-544

low, need for in dancers, 1983: Nov., 540–541

minimal, equation for, 1984: Jan., 36 of female athletes, 767

Weight training. See Resistance training. Weightlifting, strength training for, 1985: Jan., 155-156

West Point view, 1983: July, 345–346, 386 Wingate muscle power test, 1984: Jan., 249 Women, appropriateness of sports for, perceptions of, 1984: Oct., 897–898

as athletes, athletic trainer's view of, 1984: Oct., 851-868

gynecologic problems of, 1984: Oct., 869–879

knee problems of, 1985: Apr., 345–366 motivational aspects in performance of, 1984: Oct., 913–914

musculoskeletal problems of, 1984: Oct., 809–827

nutritional needs of, 1984: July, 649-670

psychologic profile of, 1984: Oct., 912 symposium on, 1984: Oct., 753-964

as dancers, gynecologic and obstetric problems of, 1983: Nov., 515-523 as runners, health concerns of, 1985:

Oct., 671-684

attitudes of toward competition, 1984: Oct., 898

coronary artery disease in, 1984: Apr., 326-363

Women (Continued) weight training for, 1985: Jan., 142, 144 Work capacity, during pregnancy, 1984: Oct., 884

Wound healing, 1985: July, 498–499
Wrestler, profile of, 1984: Jan., 273–289
shoulder injuries in, 1983: July, 244
strength training for, 1985: Jan., 156
weight loss for, 1984: Jan., 281–282; July, 696–697, 700–701

Wrestling, rules for, 1984: Jan., 274 Wrist capsulitis of, in gymnasts, 1983: Nov., 579–580

dorsal, pain in, in gymnast, 1985: Jan., 69 injuries to, 1983: Nov., 617-619 serious, in gymnast, 1985: Jan., 70 Wrist splints, in gymnast, 1985: Jan., 70

